



## Basketball Bummers

March Madness is upon us, which is the perfect time to talk about the most common foot and ankle injuries to basketball players, and how they can be prevented! Whether you're a rec league regular or a backyard pickup game guru, take note of the injuries of which you are most at risk, and be sure to follow the prevention tips so you can stay on the court and off the bench!



### About the Doctor

Matt Wettstein, DPM

Advanced Foot and Ankle is led by Dr. Matt Wettstein. Originally from Logan, UT, Dr. Wettstein completed his undergraduate studies at Utah State University before attending Des Moines University in the College of Podiatric Medicine and Surgery. After graduating with top honors, he then completed his residency in Salt Lake City, UT. Dr. Wettstein is married and has four, wonderful, children.

Get Social w/Us



- 1. Ankle Sprains.** Let's face it, with all that jumping, pivoting, running, and changing directions, it's not surprising that ankle sprains top the list! Rest and ice the injury, wrap it, and elevate it when you can.

**Prevention tip:** Be sure that your shoes offer plenty of support, and wear an ankle brace or tape your ankle for added stability.

- 2. Stress Fractures.** These cracks in the bone often occur due to overuse and playing on hard surfaces (like a basketball court). It's important that you rest and take weight off of your foot until the bone heals fully.

**Prevention tip:** Replace shoes as soon as you see signs of wear, warm up properly, and try not to overdo it.

- 3. Turf Toe.** We know what you're thinking – basketball is not played on turf! Don't let the name fool you. This injury may be associated with football, but it occurs when the big toe is overextended, like when you're making quick movements or landing a jump. Again, rest and ice will help.

**Prevention tip:** Wear shoes that fit well with plenty of toe room, buddy tape your big toe to its neighbor, and consider orthotics to help keep your foot in proper position.

While not all injuries can be avoided, you can at least lower your risk! Remember: stretch, support, strengthen, and slowly increase training, and you'll have a great shot at staying injury-free.



# Get Over It!

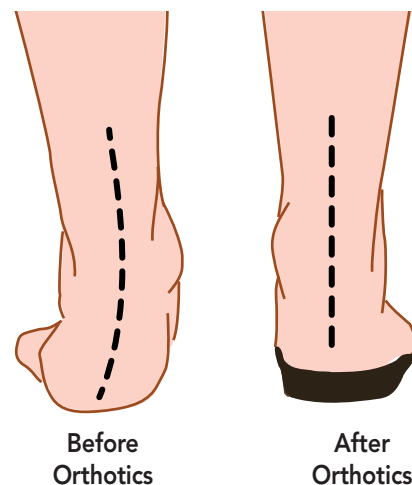
## Treating Overpronation

Overpronation means your foot rolls too far inward when you step and this can cause all sorts of problems! From heel and arch pain to cramps to a higher risk of injury, overpronating can take its toll on your feet and ankles. Luckily, correcting it is often as easy as slipping a custom pair of orthotics into your shoes.

Since the main reason behind your abnormal gait is typically a faulty foot structure and the resulting bad biomechanics, orthotics can definitely help! These devices are made to the specifications of your unique feet, so they can provide additional support exactly where you need it, plus they hold your feet in their proper position so they step the way they should. In other words, orthotics not only help correct your poor biomechanics, but they also compensate for a foot structure that's lending itself to the problem. Yeah, they can do all that!

Of course, in addition to the orthotics in your shoes, your choice of shoes matters as well. It's important that you are wearing the right footwear for the activity, and that your shoes fit properly and are not worn out.

Find out more from our friendly staff so you can get over your overpronation, and get on with a pain-free life!



## Green Smoothie

- 1 cup water
- Whole orange (peeled)
- 1/2 banana (peeled)
- Thick slice of pineapple
- Thin slice of lime (with peel)
- 1 cup vanilla or plain Greek Yogurt
- Tbs of white grape juice concentrate or honey
- Big handful of spinach
- Ice

Blend all together in a blender

Other options of fruit to add: 5 strawberries and grapes. Can add frozen.





# Green is Good!

## The Benefits of Green Veggies

Remember how your parents always told you to eat your vegetables? Like most kids, you probably spent a great deal of time gagging on spinach, pushing peas around your plate, plugging your nose to swallow broccoli, and feeding green beans to the dog! The fact is, even as adults we likely don't have enough green on our plates. Well, in honor of National Nutrition Month, the buck stops here! It's time we stop hiding things in our napkins and start embracing the benefits of green veggies! So next time you fill your plate, chew on this:

Green, leafy veggies --

- are a great source of Vitamin K which helps prevent age-related conditions and helps your blood clot.
- lower cholesterol
- promote eye health
- increase your energy
- boost bone strength
- prevent types of cancer
- reduce risk of heart disease
- fight diabetes
- aid in burning fat
- protect against sun damage
- protect against toxins
- improve metabolism
- boost brain power

Now, if those aren't enough reasons to go green, we're not sure what is! (Besides, you can't have dessert until you finish your plate.)

# Cramping Your Style

## What Causes Muscle Cramps?

We've all had a muscle cramp (A.K.A. a Charley horse) and it's certainly not fun! You could be running along without a care in the world, or enjoying a great night sleep when suddenly – Bam! The muscle in your calf or foot gets knotted up, tight, and extremely painful seemingly out of nowhere. However, an unexpected seized up and contracted muscle is actually not brought on suddenly at all!

While there are multiple reasons why you can get a cramp, most are due to issues occurring and building over time, such as dehydration, poor circulation, fatigue, magnesium, potassium, or calcium deficiencies, pinched nerves, taking certain medications, overexerting yourself, and not properly warming up before exercise.

Short term, you can massage or stretch the muscle, use a heating pad, or take an Epsom salt bath, but long term treatments should address the actual causes and become lifestyle changes. That way, your muscles won't suddenly slow you down, or wake you up!

For help to ensure good habits and healthy choices, just ask our friendly staff!



# ADVANCED FOOT & ANKLE

176 Falls Ave, Ste 200, Twin Falls, ID 83301  
208-731-6321

1263 Bennett Ave, Burley, ID 83318  
208-312-4646

www.idahofoot.com



## Basketball Bumpers



See page one.

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.



# Will the Real Cause of Bunions Please Stand Up!

Newsflash: Bunions are not caused by shoes! However, before you squeeze your feet into those pointy pumps, know this – while your footwear is not necessarily behind the bony bump, it can certainly add to the problem!

Most bunions form due to an unfortunate inherited foot structure that causes you to be prone to the painful bony bulge. Wearing shoes that press on the big toe joint or squish toes together can aid in forcing the already vulnerable joint out of alignment, making the bone protrude. The more shoes continue to put pressure on and aggravate the area, the worse your bunion gets and the more pain it causes. Stop the madness!

While a bunion is a condition that worsens over time, you can ease painful symptoms and slow the progression by choosing shoes with wide toe boxes and low heels. There are also toe splints you can wear and stretches you can do to help hold the toe in proper position. In addition, orthotic shoe inserts can help to avert pressure from shoes, as well as correct the foot structure that is causing you to be at risk in the first place.

So, there you have it – the truth is out! Shoes do not cause bunions, but they sure can make them worse! Don't let that happen to you. Make good footwear choices, especially if bunions run in your family, and you should be able to enjoy a bunion, pain-free life!