



Keep Kids' Feet Healthy All Summer Long!



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



School's out and you know what that means? The kids are home – all day, every day, for three whole months! It's that time of year for popsicles, swimming, and playing 'til dark, which just so happens to be the perfect time of year to schedule your children's podiatry visits, too! After all, you no longer have to worry about working around school hours and it gets the kids out of your hair, at least for a little while! Break up the whining and declarations of boredom by bringing your kids in to see us so we can ensure their feet stay healthy and safe, all summer long and throughout the year. In the meantime, keep these safety tips in mind:

- Have kids wash their feet every day, keeping them clean and dry.
- Ban going barefoot. Protecting feet in shoes helps avoid injuries, fungal infections, warts, and more.
- Make sure shoes fit and offer plenty of support and cushion. Tight shoes can cause problems like ingrown toenails and aggravated bunions.
- If kids do stub a toe or get a blister, make sure to keep the area clean and covered with a bandage.
- A complaining child in the summer is nothing new, but if its foot pain being complained about, make sure you contact us for help.

Good luck, and remember -- we're here if you need us! See you for a kids' checkup soon.



How to Lace Shoes to Accommodate Your Feet

Whether your feet are narrow, your arch is high, or your heel tends to slip, did you know the solution could lie in the way you're lacing up? Here are some tricks to tying shoes that will help address common issues:

Tight on Top: lacing parallel will loosen up the fit and reduce pressure placed on top of the foot. This also works great for wide feet.

Arch Issues: crisscross laces down by your toes, then thread the laces up the eyelets in the middle skipping the zig zags there; tie them off as usual up at the top.

Heel Sliders: simply pull your laces tighter up by the ankle. Many running shoes even offer extra eyelets up top for just such an occasion.

Narrow Feet: use the widest eyelets only – the opposite is true if feet are wide.

There you have it – now, let the lacing begin!

Almond Sheet Cake with Butter Frosting

2 cups flour
1 cup Butter
1 tsp. almond extract
2 cups sugar
1 cup water
1 tsp salt
1/2 cup sour cream
1 tsp baking powder
2 eggs lightly beaten
Sliced almonds for sprinkling on top

Preheat oven to 350. Grease and flour a 15 x 11 jelly roll pan.

In a large bowl, whisk together dry ingredients and set aside.

In a small saucepan, combine butter and water- bring to a boil, stirring occasionally. Add to flour mixture and stir to combine. Stir in sour cream, beaten eggs and almond extract. Pour into prepared pan and bake 22-25 minutes or until toothpick comes out clean.



Why Choose Custom Orthotics?

You are probably familiar with inexpensive padded insoles available at the pharmacy or grocery store. They can provide some relief in certain situations, but custom orthotics while similar are significantly more effective. Custom orthotics are molded exactly to the shape and form of your feet, rather than mass-produced to fit the basic foot types. Custom orthotics can not only relieve painful symptoms, but treat the fundamental causes of foot pain and injury, including gait abnormalities and overpronation. They also tend to be more durable than standard insoles. With the proper maintenance and care you can use the same pair for years.

In addition to helping you avoid painful conditions and deformities, the optimized biomechanical efficiency you can achieve with custom orthotics can actually improve function throughout the body. For example, athletes who wear orthotics often find that they help them improve balance, increase endurance, run faster and train longer without fatigue or injury.

When you visit our office, we'll create the molds, then send them to a laboratory to be made. Once the orthotics are ready, we'll make any final adjustments necessary so that they fit perfectly.

If foot pain is keeping you from doing the things you love, custom orthotics are one of the many treatments we offer at Advanced Foot & Ankle. For a comprehensive evaluation and a discussion of treatment options, please give us a call today at (208) 731-6321. We have offices in Twin Falls and Burley, ID to serve you.



Breathe in the Benefits of Fresh Air!

In honor of National Great Outdoors Month, let's leave our air-conditioned homes, offices, and cars and head outside to get some fresh air! You'd be amazed at the benefits breathing in the outdoors can have on your health. Check out this list of what inhaling a little fresh air can do:

- Boost your immune system
- Reduce stress
- Increase happiness
- Give you an energy lift
- Improve your blood pressure and heart rate
- Sharpen your mind and help you think clearly
- Clean your lungs of toxins

Wow! We don't know about you, but we feel better already. It's just one more reason to head out the door and have some outside fun. Breathe deeply, and enjoy!

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



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[See page one.](#)

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Are High Arches Hindering You?

The structure of your foot can sometimes lead to problems, like when the arch of your foot is higher than usual. This can place an excessive amount of stress on the ball of your foot and heel where you end up bearing all of your weight. It can also mess with your biomechanics, and even cause hammertoes, instability, and injury. So what's a high-arched person to do? Well, while you're pretty much stuck with your foot structure, you're not stuck having to live with pain and other symptoms. You can side step most issues by simply choosing footwear that accommodates your arch type, and sliding orthotics inside your shoes to provide additional support, distribute weight more evenly, and help keep your foot in proper alignment. Take that you high arches, you!

If you struggle with problems associated with high arches, ask our helpful staff for more information, or make an appointment so we can discuss the best course of action for you.

