

# SPRING INTO ACTION!

## Choosing the Right Athletic Shoes

### FUNCTION OVER FASHION!!!

The importance of proper footwear cannot be over-emphasized; it not only allows for proper functioning of the joints of the feet, but it can also prevent pain in the hip, knees, and back. There is no one shoe that is right for everyone. It is important to determine what type of foot you have, and select a shoe that meets your individual needs.

The Normal Foot: a wet footprint shows the forefoot and heel connected by a broad band; lands on the outside of the heel and rolls inward slightly to absorb shock.

**Best shoe:** stability shoe with a slightly curved shape

The Flat Foot: a wet footprint looks like the entire sole of the foot; lands on the outside of the heel and rolls inward excessively (over-pronates), leading to overuse injuries.

**Best shoe:** motion control or high stability shoes with firm insoles, resistant to twisting and bending. Avoid highly cushioned and curved shoes.

The High Arched Foot: a wet footprint shows a very narrow band (or no band) between the heel and forefoot; does not pronate enough, and lacks shock absorbing capability.

**Best shoe:** cushioned shoes with lots of flexibility to encourage motion of the foot. Avoid motion control or stability shoes.

### The Role of Orthotics

In some cases, a shoe alone may not provide adequate support for your foot. Orthotics are custom designed inserts for your shoe that correct abnormal or irregular walking patterns, helping to prevent or reduce pain.

For more information about orthotics, visit:

[The Orthotic Group](#)



### Shoe Buying Tips:

- **Match the shoe to the activity:** running shoes absorb shock, while tennis shoes provided side to side stability; walking shoes allow the foot to roll and push off normally when walking
- **Shop at a specialty store:** employees are trained to help you select a shoe appropriate for your foot type and activity
- **Shop late in the day:** your feet are the largest; wear the same socks you wear during activity and bring orthotics if you use them
- **Measure your feet every time:** foot size changes with age; measure in a standing or weight-bearing position because the foot elongates and widens
- **Ensure the right fit:** an index finger width between the longest toe and end of the shoe, toe box should not feel tight, and the heel should fit snug in the back of the shoe without sliding up and down while you walk

*Do not run your shoes into the ground! On average shoes last 300-500 miles and should be replaced when showing signs of wear. Failing to replace worn shoes can result in shin splints, heel spurs, and plantar fasciitis.*

# WALKING

SIMPLE · CONVENIENT · HEALTHY

## Proper walking posture



You don't need to join a gym or buy expensive equipment to be active and incorporate exercise into your life. WALK down the road to health with simply a good pair of shoes!

### Benefits of Walking:

- Improves cardiovascular endurance
- Reduces risk of heart disease
- Tones muscles in the lower body
- Burns calories

### Getting Started:

Consult your doctor before beginning any exercise regime. Start slowly at a pace that does not cause discomfort for about two weeks. Then gradually increase the pace and duration of your walk; aim to walk at least 30 minutes five times per week.

- Move your arms freely, coordinated with the opposite leg
- Look straight ahead to maintain proper curves of the spine and weight distribution; do not look down or stoop your head
- Save weights and dumbbells for a separate part of your exercise program
- Expect some mild soreness in the thighs and calves for the first week or two
- Walk briskly with a purpose in order to elevate your heart rate

### Walking Surfaces:

- Surfaces such as concrete or a mall floor are not the best choices because they do not give and do not absorb the impact of your body
- A rubberized or cushioned track is ideal because it will absorb the impact of your walking; try visiting local recreation centres
- Grass is another good surface, but be cautious of holes or dips in the ground.

### Hydration:

Proper hydration (8-10 8oz. glasses of water/day) is important to help the kidneys stay active, dilute and remove toxins from the body, and replace lost fluids. You may need more fluids if you perspire more during your exercise routine. Remember, coffee, tea, and alcohol are diuretics/dehydrators, and should not replace water!



### Pain and Injury

If you start to experience pain beyond muscle soreness, consult your doctor or chiropractic. Hip, knee or back pain can sometimes originate from another source; it is important to determine the root of the problem so that it can be treated appropriately and you can get back to your exercise routine!

## Common Sports Injuries

Injuries during sports participation are fairly common especially in individuals who are just beginning a new activity, fail to use proper safety equipment, or are overzealous with their exercise regime.

### Strains & Sprains:

Twisting or overextension of a joint can cause tears in muscles or tendons (“strains”), or ligaments (“sprains”). In minor injuries only a few fibres are torn or stretched whereas more severe injuries often involve tears through the full thickness of a structure and lead to instability. In strains, pain is most commonly felt where the tendon attaches to a bone; pain is most severe with movement of the muscle, and there may be muscle spasm and weakness. In sprains, pain is felt over the injured ligament; there is often swelling, bruising, and reduced range of motion in the joint.

### Tendinosis/Tendinitis:

Repetitive use of a structure (“overuse syndromes”) can lead to inflammation of a tendon, known as tendinitis. This type of injury causes pain, swelling, and tenderness over the tendon, often with restricted range of motion. Tendinitis commonly occurs in the shoulder (rotator cuff tendinitis), and around the elbow (tennis or golfer’s elbow).

### Stress Fractures:

Stress or fatigue fractures occur when abnormal stresses are placed on normal bone. They typically present as a slow onset of pain that is made worse with activity, and may feel better with rest. These fractures commonly occur in runners who suddenly increase their mileage.

### Diagnosis

Most sports injuries are diagnosed through a history of the activity that produced the pain, and a physical examination. X-rays are required to rule out fractures. Severe soft tissue injuries may require more advanced imaging such as Diagnostic Ultrasound or Magnetic Resonance Imaging (MRI).



Stress fracture in the foot.



Kinesio Taping to support an injured shoulder.

### Treatment:

Most minor injuries can be managed conservatively with the following protocol:

**Rest:** generally no more than 48 hours of rest is necessary, depending on the injury severity; prolonged immobilization may hinder recovery.

**Ice:** helps with pain reduction and tissue healing.

**Compression:** in some cases may help to reduce the amount of swelling in the area.

**Elevation:** above the level of the heart, can also help to reduce swelling.

Other interventions such as therapeutic ultrasound, electric stimulation, cold laser, joint and soft tissue manipulation, and kinesio taping can help to speed up recovery time and ensure appropriate healing of the injured tissues.



## FORE! TIPS FOR A HEALTHY GOLF SEASON

- **Purchase equipment that fits:** do not adapt your swing to clubs that are too long/short for you
- **Take lessons:** learn proper swing technique to avoid unnecessary twisting of the spine
- **Warm-up before each round:** take a brisk walk to get blood flowing then stretch to avoid post-game stiffness and soreness
- **Drink plenty of water:** to avoid dehydration which can lead to early fatigue; do not smoke or drink alcohol, as these cause fluid loss
- **Pull instead of carrying your bag** to reduce stress on the spine that can lead to disc problems and nerve irritation
- **For seniors:** if you have signs of arthritis in the hands, consider a larger more specialized grip.
- **Consider orthotics:** they can improve balance, stability, and coordination, thus improving your swing and reducing fatigue

Information in this newsletter adapted from the American Chiropractic Association's Healthy Living series.



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