

Avoid Injuries by Choosing Winter Sports Footwear Carefully



'Tis the season for winter sports enthusiasts and time to check boots and laces and tune in to snow reports. No matter where you live, you're only a drive or plane ride away from perfect downhill or cross country skiing, sledding and outdoor skating.

Enjoying winter sports safely depends on good preparation. If you're not ready physically or if your footwear doesn't fit well, outdoor fun can turn into days or weeks recovering from an injury.

Select Quality Footwear for Each Sport

- Runners should look for waterproof - not water resistant - shoes with an inner liner for warmth. Since days are shorter, opt for reflective material or even glow-in-the-dark shoes. A non-slip rubber outsole can grip slippery surfaces better.
- Skates and ski boots should be in good condition and fit snugly but not too tight. There should be plenty of toe wiggle room, good cushioning and ample ankle support.
- Lace skates snugly but not too tightly and check tightness frequently. A skate lace hook can really help keep the laces secure all the way down.
- Hockey players can benefit from skate fenders for extra impact protection.
- Skaters should consider applying a solid stick friction block on feet to reduce the chance of blisters.

Prepare Carefully for Winter Outdoor Activities

- Don't go it alone - invite a friend for company and support.
- Dress in layers and wear protective headgear and goggles.
- Wear acrylic or acrylic blend socks that wick moisture away from your skin.
- Take it easy - warm up slowly and then do a few gentle stretches. Cooling down and stretching after your workout can help prevent injuries.
- Watch carefully for frostbite. Go indoors to dry and warm up slowly if your toes or feet become wet or cold or feel numb.

Treating Winter Foot Problems

Even with the most careful preparations, problems can occur. You can self-treat many minor injuries.

If you suspect frostbite, warm the foot carefully in warm water - not hot. Don't rub the skin and get help right away if blisters appear or the skin appears frozen. Cover blisters with a loose bandage. Don't pop the blister - let it heal on its own.

The R.I.C.E. method can ease a mild sprain or strain. **Rest, Ice** the area, apply **Compression** and **Elevate** the leg.

Please call us immediately for an injury that appears to be more serious.

Pamper your Feet during the Holidays



Preparing meals for family and friends, shopping, trudging through airports and enjoying holiday parties ... what do these all have in common? You'll be doing a lot of standing on your poor, aching feet!

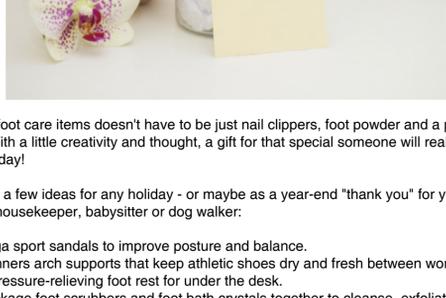
The holiday season is tough on our feet and we often make the problem worse by squeezing our toes into shoes that are too narrow or too tight.

Make a promise to your feet to pamper them during the busy weeks ahead. Follow these easy tips:

- Stretch your toes and feet to avoid cramping. Rotate your ankles and alternately point and curl your toes frequently.
- Keep feet warm and dry to avoid frostbite and skin problems like blisters and fungal infections. Dry wet feet quickly and put on fresh socks and shoes or slippers.
- Take a break! Rest every couple of hours to give your feet a chance to revitalize.
- Plan some time for yourself with a relaxing pedicure. Choose your salon carefully for hygiene and compliance with state and local ordinances.
- Treat yourself to a rejuvenating foot massage at your favorite spa.
- Moisturize feet daily with an emollient cream to avoid dry, cracked and irritated skin.
- Elevate your legs after a long travel day or if you've been on your feet all day. Try to get your feet over the level of your heart.
- Wear comfortable shoes with good arch support, cushioning and a wide toe box for most activities. Switch to stylish pumps for short periods at special occasions.

Baby your feet and they'll carry you through both holiday chores and fun.

Foot Care Gifts for Family and Friends



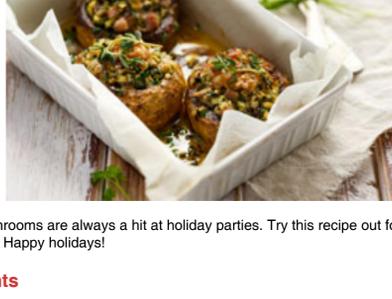
A gift of foot care items doesn't have to be just nail clippers, foot powder and a pumice stone. With a little creativity and thought, a gift for that special someone will really make their holiday!

Here are a few ideas for any holiday - or maybe as a year-end "thank you" for your favorite housekeeper, babysitter or dog walker:

- Yoga sport sandals to improve posture and balance.
- Runners arch supports that keep athletic shoes dry and fresh between workouts.
- A pressure-relieving foot rest for under the desk.
- Package foot scrubbers and foot bath crystals together to cleanse, exfoliate and then bathe the feet.
- A set of personal pedicure tools that can be brought along to salon appointments.
- An electric foot warmer that fits at the bottom of the bed.
- Individuals with diabetes will appreciate good quality, acrylic socks that are seamless, have extra padding and non-binding tops.
- A shower foot scrubber especially for those who have trouble bending down.
- A multi-speed foot massager with soothing heat and compression.
- Heated slippers that are microwaveable, battery-operated or USB-powered (not recommended however for patients with diabetes).
- A basket full of quality foot care creams and lotions. Toss in foot scrub, emollient foot cream, foot soaking salts, a foot brush and loofah.
- A beautiful assortment of high-quality nail polishes.
- Travel foot care kit - include nail clippers, emery board, moisturizer, bandages, antibiotic cream and blister pads.
- Stylish compression socks for long airplane rides.

Give the gift of foot health - it's the gift that will keep on giving long after the holiday season is over.

Recipe of the month Sausage Stuffed Mushrooms



Stuffed mushrooms are always a hit at holiday parties. Try this recipe out for your next get together. Happy holidays!

Ingredients

- 18 large cremini mushrooms
- 3/4 cup plain dry bread crumbs, divided
- 2 tablespoons grated Parmesan cheese
- 2 ounces chicken sausage links, casings removed
- 1 large onion, finely chopped
- 1 small red bell pepper, finely chopped
- 2 tablespoons fresh minced parsley
- 1/4 teaspoon pepper

Instructions

Preheat oven to 400°F. Remove stems from mushrooms in small bowl and set aside. Mix 2 tablespoons bread crumbs and Parmesan in small bowl and set aside.

Lightly coat large nonstick skillet with nonstick cooking spray and set over medium heat. Cook sausages until they begin to brown, about 5 minutes, breaking up with side of spoon. Stir in onion, red pepper, mushroom stems and parsley and cook until vegetables are soft, about 5 minutes. Stir in remaining bread crumbs and black pepper. Remove from heat.

Add 1 teaspoon of water at a time until you have stuffing that is moist enough to mound. Mound stuffing in mushrooms and arrange, stuffing-side up, in 13 x 9-inch baking dish. Sprinkle with Parmesan mixture. Bake until heated through, about 9 minutes.

Recipe courtesy of www.diabetes.org

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History FootNote

The oldest known pair of skates were found in Switzerland and date back to about 3000 B.C. The blades were made from the leg bones of large animals.

Celebrity Foot Focus

Jim Carrey, Michael J. Fox, Paris Hilton, Keanu Reeves and Adam Sandler are just a few celebrities who played ice hockey in school.

Trivia

What famous first occurred on the 17th of December, 1903?

- A. First flight
- B. The first steam engine
- C. The first light bulb
- D. The first person swam the English Channel

Answer: A - First Flight

Joke of the Month

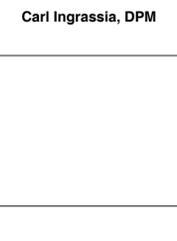
Mr Harris, the 3rd grade teacher asked, 'George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Iris, do you know why his father didn't punish him?'

Iris replied, 'Because George still had the axe in his hand?'

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Meet Our Doctor



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