

# “Therapy Times”

Spring 2016

***Stop Hurting and Start Living!***

## Avoid Spring-time Injuries

Spring is upon us and as we emerge from our winter ‘hibernation’ and get immersed in spring cleaning, yard-work or outdoor sporting activities, be aware that injuries can occur. Here are a few tips to help avoid Spring-time injuries:

- Before starting any activity, either inside or out, you should warm up. Consider a brisk walk to get your heart pumping and loosen up your muscles.
- Take care of your back during yard clean-up and planting. Sprains and strains can be avoided by varying tasks so that you’re not making the same movement over and over for long periods of time.
- Whether it is lifting a bag of mulch or a large flower pot, plan your lift and don’t be in a hurry. Bend at the knees, not the waist and keep your back straight. Lift with your legs and thigh muscles keeping the item close to you as you lift (see example—right). Do not twist at the waist and always ask for help for items that are heavy or bulky.
- Clean the floor with a mop rather than on your hands and knees. Push the mop forward and back to clean small areas at a time, rather than leaning too far forward.
- Start slow: Gear up for a successful sporting season by easing your body into the sports season to reduce your risk of injury.
- Wear the appropriate gear: If outdoor activities like cycling, rollerblading, skateboarding, softball or baseball are your games of choice, wear a helmet. Helmets can help protect against head injuries. Other types of protective gear may include elbow, wrist and knee guards, eye protection, knee pads, mouth guards and proper footwear. On page 2, you will find valuable tips for choosing proper running shoes.
- Remember to take frequent breaks and stay hydrated and if outside, wear sunscreen.



Unfortunately, not every injury can be prevented. Should you find yourself unable to avoid an injury this spring, please seek appropriate medical care.

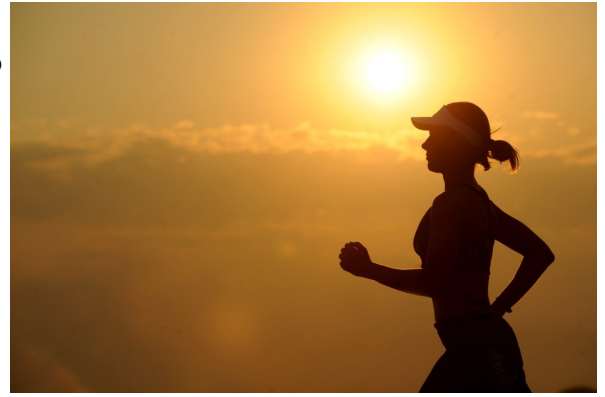
**KEEP  
CALM  
AND  
WEAR**



***Remember, Performance Rehabilitation is here to help you with your spring-time (or any-time) injury rehabilitation needs. We specialize in physical therapy, aquatic therapy and sports medicine.***

# How to Buy the Right Pair of Running Shoes

When shopping for running shoes, it's easy to make a decision based on the look of the shoe alone – however, it's important to know that **you should not sacrifice safety and support for style**. Running shoes that are too tight, too loose, or lacking support can lead to unwanted stress on your bones and muscles, especially during those long runs. Thankfully, many orthopaedic injuries in the feet, ankles, lower leg, hip, and spine can be prevented if you take these simple steps to choosing the right pair of running shoes.



## Know Your Foot

Is your foot curved or straight? Is it flat or arched? Are some toes longer than others? **The right pair of shoes perfectly hugs every length and curve of your foot**. Shoes that are too tight or that squish your toes can cause blisters. That snug fit in the store isn't necessarily a good thing. When you start running, the friction can cause a lot of damage to your feet, so be sure to allow up to ½ inch of space between your longest toe and the front of the shoe.

## Consider the Type of Running You Will Use the Shoes For

Do you usually run on a treadmill, asphalt or in the grass? Is it for 5 miles or 20 miles? These are things you should consider when choosing new running shoes. **Not all running shoes are created equal – especially when it comes to varying terrains and distances**. For long distance runners, heavier shoes are a better choice as they absorb more of the shock. Lightweight shoes offer less support, but are more helpful for quick sprints.

## Shop At the End of the Day

Did you know your feet swell up to 8 percent of their original size throughout the day? That's why it is important to **try on shoes at the end of the day** when your feet are as big as they will be when you're wearing them.

## Don't Buy Shoes That Need to be "Broken In"

Shoes that need some wear before they feel comfortable are not right for your feet to begin with. It means they don't correctly fit your feet. **If you try to break them in, you will be causing more damage to your feet** and you ultimately won't benefit from the 'broken-in' pair of shoes.

## Try Them On

Sizes tend to vary from brand to brand, so don't just assume that your size is the same in every brand. **Try the pair on and walk around in them to ensure they are comfortable**. Make sure to wear socks or insoles that you regularly wear to make sure they'll still fit.

Now that you're informed, it's time to head to the shoe store for your brand new running shoes. Remember these tips and you'll help avoid common running injuries.

*Article by Orlando Orthopaedic Center's Board Certified Foot and Ankle Specialists Joseph D. Funk, D.P.M. and Daniel L. Wiernik, D.P.M.* Thanks to Orlando Orthopaedics for their contribution to our newsletter!

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