

## October 2013



### Why Do People Need Orthotics?

An orthotic is a device designed to restore your natural foot function. Many biomechanical (walking) complaints such as heel pain, knee pain and lower back pain are caused by poor foot function. Orthotics re-align the foot and ankle bones to their neutral position, thereby restoring natural foot function.

A podiatric physician can prescribe orthotics - foot supports worn inside shoes - that are crafted for you and no one else. They match the contour of your feet precisely and are designed for the way you move. Only prescription orthotics can accommodate your unique foot structure. Podiatric physicians use orthotics to treat foot problems such as plantar fasciitis (heel pain), bursitis, tendonitis, diabetic foot ulcers, foot, ankle and knee pain

If orthotics are needed, your podiatric physician will capture a three-dimensional image of each of your feet. That image, as well as any measurements obtained by your podiatric physician, is used to create a set of unique foot supports that will improve your foot movement and lead to more comfort and mobility.

There are two categories of prescription orthotics; functional orthotics are designed to control abnormal motion and may be used to treat foot pain caused by abnormal motion. They can also be used to treat injuries such as shin splints or tendonitis. These are crafted from a semi-rigid material such as plastic or graphite. Accommodative orthotics are softer and meant to provide additional cushioning and support. They can be used to treat diabetic ulcers, painful calluses on the bottom of the foot and other uncomfortable conditions.

If you have serious pain or discomfort, schedule an appointment with a podiatric physician. He or she will assess your overall health and look at any other contributing factors. Your podiatric physician can examine your feet and ankles, prescribe custom-made orthotics or suggest additional treatments to improve the comfort and function of your feet.



### Now Available!!

Oregon Foot Care Centers now offers the therapeutic benefits of laser light therapy. Laser therapy offers non-invasive treatment for a multitude of conditions such as; Plantar Fasciitis, Sprains and Strains, Tendonitis, Post-surgical care and treatment for those ugly toenails just to name a few! Give our Hillsboro or Newberg office a call for more information on this state of the art treatment.

### October Special Biofreeze

**\$11.00** reg. \$13.00

Biofreeze products provide temporary relief from minor aches and pains of sore muscles and joints associated with simple backache, arthritis, bruises, strains and sprains.



We couldn't celebrate National Chili Month without a fabulous chili recipe!

## El Tovar Chili

El Tovar Chili won every chili contest entered

1-1/2lbs. Tomatoes, (4 to 6 tomatoes), peeled and coarsely chopped

3/4t Salt

1/4t Pepper, freshly ground

1-1/2lbs. Sirloin, chopped

1-1/2lbs. Pork, diced

1 large Onion, chopped

3 large cloves Garlic, minced

3C. Beer

8oz. Tomato Sauce

1/2C Chili Powder

1T Salt

1t Paprika

1t Cayenne Pepper (you be the judge on that one!)

2t Instant Masa Harina

3T Water

Simmer 10 minutes:

Cook the tomatoes, salt and pepper over medium heat until a thick, rich sauce forms. You will use 1 cup below; the remainder can be used in other dishes.

Saute and simmer about 4 hours:

Place the sirloin, pork, onion and garlic in a large, heavy saucepan over medium heat. Cook, stirring until the meat is no longer pink. Mix in the beer. Add 1 cup of the cooked tomatoes, the tomato sauce, chili powder, salt, paprika and cayenne pepper. Simmer covered until the chili is reduced to 3/4 gallon, about 3 hours. Stir occasionally. Skim any grease that appears at the top of the pan. Dissolve the masa harina in 3T water and stir into chili. Simmer covered for an additional 30-45 minutes.

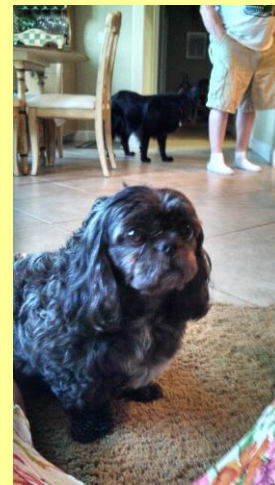
Refrigerate overnight; the flavors will blend as the chili sits.

Serves 12

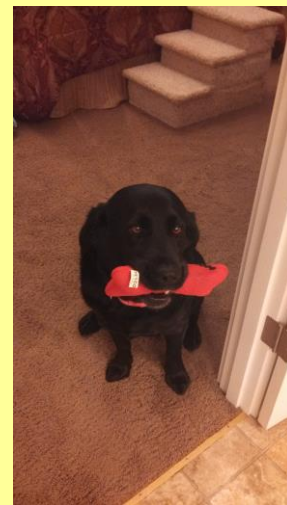
El Tovar, Chef Esteban Colon



## October is Adopt A Shelter Dog Month



Patches was adopted from Yamhill County Animal shelter



Hallie was adopted from Salem Animal Shelter