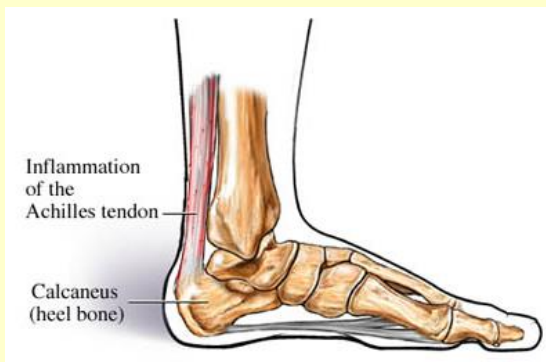


## September 2015



### What is Achilles Tendonitis?

The Achilles tendon is the largest tendon in the human body and can withstand forces of 1,000 pounds or more. It also is the most frequently ruptured tendon, usually as a result of a sports injury. Both professional and weekend athletes may suffer from Achilles tendonitis, a common overuse injury and inflammation of the tendon.

#### Events that can cause Achilles tendonitis may include:

- Hill running or stair climbing.
- Overuse, stemming from the natural lack of flexibility in the calf muscles.
- Rapidly increasing mileage or speed when walking, jogging, or running.
- Starting up too quickly after a layoff in exercise or sports activity, without adequately stretching and warming up the foot.
- Trauma caused by sudden and/or hard contraction of the calf muscles when putting out extra effort, such as in a sprint.
- Improper footwear and/or a tendency toward overpronation.

#### Achilles tendonitis often begins with mild pain after exercise or running that gradually worsens. Other symptoms include:

- Recurring localized pain, sometimes severe, along the tendon during or a few hours after running.
- Morning tenderness about an inch and a half above the point where the Achilles tendon is attached to the heel bone.
- Sluggishness in your leg.
- Mild or severe swelling.
- Stiffness that generally diminishes as the tendon warms up with use.

#### Treatment normally includes:

- A bandage specifically designed to restrict motion of the tendon.
- Taking nonsteroidal anti-inflammatory medication for a period of time. **Note: Please consult your physician before taking any medication.**
- Orthotics, which are corrective shoe inserts designed to help support the muscle and relieve stress on the tendon. Both nonprescription *orthoses* (such as a heel pads or over-the-counter shoe inserts) and prescribed custom orthotics may be recommended depending on the length and severity of the problem.
- Rest and switching to exercises that do not stress the tendon (such as swimming).
- Stretching and exercises to strengthen the weak muscle group in front of the leg, calf, and the upward foot flexors, as well as massage and ultrasound.
- High level laser therapy and/or radial shockwave therapy can greatly enhance the healing rate of the tendon.

In extreme cases, surgery is performed to remove the fibrous tissue and repair any tears.

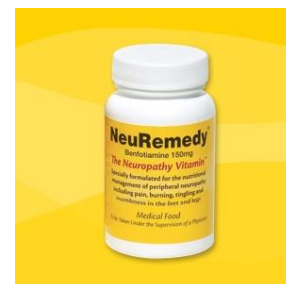


### September Special

Gormel Crème  
\$18.00

Wonderful for moisturizing  
and softening dry feet

Reg. \$20.00



**Do you have  
numbness, tingling,  
burning, shooting  
pains in your feet or  
legs? You may have  
neuropathy. You may  
need NeuRemedy**

NeuRemedy works by  
nourishing the nerves,  
supporting healthy function  
in the feet and legs. Ask  
Dr. Gauntt if NeuRemedy  
may be helpful for you.

**With kids heading back to school, the importance of a supportive shoe should not be overlooked. Keep these tips in mind when shopping for new shoes:**

**1** **LOOK FOR A STIFF HEEL**  
 Press on both sides of the heel counter. It shouldn't collapse.

**2** **CHECK TOE FLEXIBILITY**  
 The shoe should bend with your child's toes. It shouldn't be too stiff or bend too much in the toe box area.

**3** **SELECT A SHOE WITH A RIGID MIDDLE**  
 Does your shoe twist? Your shoe should never twist in the middle.

stride rite.

Have a smart phone?  
 Check out our website for lots of valuable information



## Recipe Corner

Sweet treat for all those who love peaches, any way you use them!

### Peach Cobbler

4 cups peeled, sliced fresh peaches (about 4 to 5 peaches)

- 1 ¼ cups sugar
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- ½ cup milk
- 4 tablespoons (1/2 stick) butter, melted
- 1 tablespoon cornstarch
- ¾ cup boiling water

Preheat oven to 325 degrees F. Place the peaches in a 9 by 9-inch baking pan.

In a medium bowl, mix together ¾ cup of the sugar, the flour, baking powder, and a ½ teaspoon of salt. Add the milk and melted butter and mix well. Pour the batter evenly over peaches.

In a small bowl, mix the remaining ¼ cup sugar, the cornstarch, and ½ teaspoon salt. Sprinkle over batter. Evenly pour the boiling water all over. Bake for 50 minutes, or until golden brown and bubbling. **(Love it with a scoop of vanilla ice cream on top!)**

Yield: 4 to 6 servings  
 Prep time: 20 minutes  
 Cook time: 50 minutes

From Katie Lee

