

Foot Notes

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Fast Foot Facts

7 Most Common Conditions Caused by Flat Feet

1. Plantar Fasciitis

What: Strain on the ligament that attaches to the heel. A heel spur can form.

Treatment: Custom orthotics, calf stretches and sometimes cortisone are best.

2. Bunions

What: Lack of stability of the 1st metatarsal.

Treatment: Always try better shoes and orthotics before surgery.

3. Hammertoes

What: Muscle imbalances leading to curled toes.

Treatment: Always try better shoes and orthotics before surgery.

4. Tendinitis

What: Many tendons can be strained by flat feet.

Treatment: Temporarily stop weight bearing exercise and wear New Balance, Hoka, Asics or Brooks running shoes.

5. Growing Pains

What: Fatigue of muscles and tendons.

Treatment: The easy solution that works almost every time is custom orthotics.

6. Arthritis

What: Often affects the mid foot and 1st MTP.

Treatment: Cortisone can provide relief often for several months.

7. Stress Fractures

What: Stress on the metatarsals from overuse, inadequate shoes or a faulty gait.

Treatment: Immobilize, then quality shoes and orthotics.



January
Special
Biofreeze

\$15.00

Reg. \$17.00



January is National Hobby Month

January is National Hobby Month, the perfect time of year to learn a new hobby, or get back to one that you haven't thought about in a while! The great thing about having a hobby is that it can take your mind off the pressure of work or other daily stresses. Sit down and think about what you really love to do. Consider what sparks passion in your life or what makes you curious. Finding a good hobby and giving yourself time to take part in it on a daily or weekly basis is sure to make you happier, and maybe even healthier.



Quick Burrito Bowls

Packed with protein this recipe uses shortcuts to make meal prep easy!

Recipe Corner

For the burrito bowl

- Pre-cooked rice packages (White or brown rice)
- 15-ounce can black beans
- 15-ounce can corn
- 1 cup fresh pico de gallo, aka fresh salsa
- ½ teaspoon salt
- **Vegetables:** Avocado, cherry tomatoes, red onion, chopped romaine
- **Add ins:** shredded cooked chicken, shrimp, roasted peppers etc.



For the chipotle ranch

- ½ cup plain whole milk yogurt (or Greek yogurt plus 1 tablespoon water)
- ¼ cup mayonnaise
- 1 teaspoon apple cider vinegar
- 1/2 each teaspoon **each** dried dill, garlic powder and onion powder
- 1/4 each teaspoon **each** salt and ground black pepper
- 2 tablespoons adobo sauce from a can of chipotle chilis

Instructions

1. **Heat rice as directed on package.** Add a pinch of salt and a drizzle of olive oil.
2. **Make the black bean and corn salad:** In a bowl, mix together the beans (drained and rinsed), corn, and pico de gallo with the salt.
3. **Chop the veggies:** Cut the avocado. Slice the cherry tomatoes in half, and thinly slice the onions..
4. **Make the chipotle ranch:** Mix all dressing ingredients in a small bowl until fully combined.
5. **Serve:** Add the rice to bowls, then top with the black bean and corn salad, veggies, chipotle ranch dressing and protein of choice!

'Courtesy of A Couple Cooks'