



News and Updates *March 2019*

Stretches for a Tight Achilles

Welcome to Burlington County Foot and Ankle Associates, Inc.! The mission of our practice is to provide that hometown-country doc customer service in a modern, high tech medical world. Join us so we can keep you walking.



Dr. John DePalma, D.P.M.

Dr. DePalma has been part of Burlington County Foot and Ankle Associates, Inc. for more than 20 years. He is committed to providing top-notch care to his patients and makes house calls on Fridays for his patients who are homebound.

Dr. DePalma's desire to become a doctor began in the 7th grade when he read a book about yellow fever and the Panama Canal that sparked his interest in medicine. He was first introduced to podiatry in high school while running cross country track. Some of his teammates had shin splints and heel pain from running and had seen a podiatrist who had instructed them to have a teammate learn a taping technique and apply it before every practice. Dr. DePalma excelled at taping and this ignited his passion to study sports medicine and podiatry.

Get to Know Dr. DePalma

Favorite Book: The Slight Edge by Jeff Olson (non-fiction). For fiction, I will read anything by Greg Iles.

Favorite Sport to watch: Football

Favorite Sport to Play: Soccer

Favorite Sport I Miss: Running

Favorite Restaurant: Any of the local greats like Rustic Grille, Rivera Pizza, Shamong Diner, Femmina, Tarantella's. My all-time favorite for both my wife and I is Graziano's Restaurant in Chesilhurst, NJ.

What is the most enjoyable part of your job?
Being able to help someone walk out of the office with no pain.

What are some small things that make your day better?

Great conversations about all types of topics.

How do you relax after a long day at work?
I watch a movie – usually one I've seen a hundred times. This way, if I fall asleep, I won't be missing anything.

Your Achilles tendon, which connects your heel bone to your calf muscles, is the largest tendon in your body. It's built to take a lot of force, but it's far from invincible.

An Achilles tendon that is tight or not properly warmed up can lead to trouble during activity. It can cause heel pain by pulling excessively on the heel bone, or it can become inflamed or rupture.

Warming up your Achilles tendons before activity is always a good idea, and especially so if you know yours can be a problem. Here are a few easy moves you can do to help stretch it out before you start picking up the pace.

As always, though, a stretch is not a cure for a problem that's causing consistent pain. If your heels are always aching, let us know!

Standing Stretch

- Stand about an arm's length away from a wall (a large tree can work if you're outdoors).
- Lean forward and place both hands on the support, about a shoulder-width apart.
- Extend one foot back, heel flat against the ground. Your other foot should remain closer to the wall.
- Lean forward, pressing downward on your back heel with your knee slightly bent.
- Hold 30 seconds, then switch foot positions and repeat.

Towel Stretch

- Sit on the floor with legs extended outward.
- Place a towel beneath the balls of your feet, grasping an end of the towel in each hand.
- Sit up, with spine straight, and pull the towel gently toward you until you feel the stretch.
- Hold for 10-30 seconds, then release. Repeat 1-3 times.





What Makes a Great Sock?

The humble sock. We often just grab whatever pair we can find in the morning and slam them on our feet before heading out the door. But a great pair of socks can make a big difference in your day!

Depending on your needs, the type of socks you use can make the difference between dry comfort and cold, wet misery.

Here are a few tips for sock choices depending upon the situation:

- **If you walk a lot or hike**, then moisture and friction are big concerns you want to address. Good old cotton is not a good choice in this situation, as it tends to keep moisture (i.e. your foot sweats) close to the skin and increases your chance of blisters. Opt for Merino wool instead. It's breathable, soft, and not itchy as you might expect. A great choice for treks!
- **If foot odor is a concern**, then breathable socks are a must here, too! Merino wool is a good choice once again, but you can also find sports socks with ventilation panels, as well as socks with synthetic liners. Socks with antibacterial properties might also be worth considering. Look for brands like Coolmax or Drymax.
- **For fancy events**, silk is a good way to go for formal comfort. However, keep in mind that they come with a higher price tag and don't tend to last as long as more durable wools or cottons. Use them sparingly.
- **For extra pampering**, moisturizing gel socks are heavenly! After a long day on your feet, slip into gel socks that will both moisturize and soothe tired feet. Ask our office staff if you'd like to feel these amazingly comfortable gel socks.

If your feet just aren't comfortable through the day, your socks might be a factor—or it might be something else! Let us know what's going on and we can help you get to the source.



Walk Your Way To Fitness

Warmer weather is on the way and what better way to celebrate the sunshine than to take a walk outside? Recent research has shown that regular physical activity can increase your lifespan by as many as 7 years. Walking also stimulates creativity, boosts metabolism and improves your mood so those 7 extra years of your life will be happy as well as healthy!

Need some extra motivation? Join our virtual Keep U Walking Group at [facebook.com/groups/keepuwalking](https://www.facebook.com/groups/keepuwalking). Log your steps (indoors or outdoors), your miles or any type of activity and our group will motivate each other to stay active. We'll share recipes, tips about easy ways to increase activity and even plan some group walks and challenges with prizes. Staying active and living a long healthy life is easy and fun when you commit to it with friends.

How to Make Better Fast Food Choices

In an ideal world, we'd have the time to prepare every meal we make. (And honestly, we likely have more time to do that than we're willing to admit.)

The reality, however, is that there are often times we're in a rush and need something fast. There is no shortage of clowns, colonels, and pig-tailed girls to supply this convenience, but it's often not to the benefit of our general diet.

Fast food happens. But when it does, there are some choices you can make to give your body a bit healthier of a meal—or at least a less unhealthy one.

- **Aim for 500 calories or less.** Calorie information is now easy to find on most fast food menus (or their websites), so don't take a guess on this. It's very easy to underestimate caloric intake at restaurants, when a drink can add well more than 200 alone!
- **Opt for the smallest sizes.** Just because a portion comes as part of a meal does not mean it is a reasonable portion. This is especially true with sides such as fries. The children's menu may be a place to dip if you know it will satisfy you.
- **Focus on the grilled and lean stuff.** Fried items contain a lot more fat than needed. Try to stay away from crispy chicken and fish patties, and opt more for grilled skinless chicken and lean roast beef.
- **Customize.** Don't forget that you often have options in the preparation of your food. This can include substituting salad for fries, serving sauces on the side, and simply removing fried add-ons altogether.



Walnut-Rosemary Crusted Salmon

This recipe is a fantastic source of omega-3 fatty acids, with only 222 calories and 4 grams of carbs per 3 oz. serving.

Ingredients

- 2 tsp. Dijon mustard
- 1 clove of garlic, minced
- ¼ tsp. lemon zest
- 1 tsp. lemon juice
- 1 tsp. chopped fresh rosemary
- ½ tsp. honey
- ½ tsp. kosher salt
- ¼ tsp. crushed red pepper
- 3 Tbsp. panko breadcrumbs
- 3 Tbsp. finely chopped walnuts
- 1 tsp. extra-virgin olive oil
- 1 pound of skinless salmon filet (fresh or frozen)
- olive oil cooking spray

Preparation

- Preheat oven to 425 degrees. Line a large baking sheet with parchment paper.
- Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt, and crushed red pepper in a small bowl. In a separate small bowl, combine panko, walnuts, and oil.
- Place salmon on the baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture. Press it in a bit to make it stick. Lightly coat with cooking spray.
- Bake fish until it flakes easily with a fork, usually 8-12 minutes, depending on the thickness of the fish.



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Avoiding Ingrown Toenails

A painful, swollen ingrown toenail has its way of interfering with an otherwise good day. While they are often mild enough to be treated effectively at home, it's a much better idea to prevent yourself from getting them in the first place!

There are several mistakes people can make that increase the risk of a toenail becoming ingrown. By changing your ways, you might be able to stave off ingrown toenails much more often.

- **Trim your nails properly.** Many people tend to trim their toenails far too short and curved, which can train nails to grow into the skin. Cuts to a toenail should leave a little white at the end and be relatively straight across.
- **Protect your toes.** Trauma to toenails can cause them to become ingrown as well. Make sure your footwear properly protects your toes against injury, whether from dropping something heavy on your foot or repeatedly slamming your toes up against the fronts of your shoes while running.
- **But give them room.** Shoes that don't provide enough toe box room will crowd your toes together, creating an environment ripe for ingrown toenails. If your child or teen gets ingrown toenails often, this might be the cause. Their feet may be outgrowing their shoes too quickly!

If you've tried the above advice but your ingrown toenails keep coming back, don't blame yourself. In some cases, a person's toenails are more naturally inclined to become ingrown due to heredity. If this is the case, let us know whether ingrown toenails are a persistent problem. We can help!

