



Call for an appointment today:
813-788-3600

Total Foot and Ankle of Tampa Bay

Robert J. Valins, D.P.M.
Maria B. Walshe, D.P.M.

Harris E. Kaplan, D.P.M.
Domenick A. Calise, D.P.M.

NEWSLETTER

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Spring into Exercise

The warm weather and fresh air of spring lures many of us out of doors and is the perfect time to start an exercise program.

You may know that it's important to do a light warm-up before beginning any workout. But don't neglect the foundation of your body - your feet! Our feet do an important job of transferring force from the body to the ground. The arches are essential for absorbing shock and adjusting to help balance on uneven ground.

Warm Up and Stretch the Feet Before Exercising

Veteran exercisers know not to stretch too much before warming up the muscles. The goal of a warm up is to prepare muscles so they can better respond to the demand of the exercise, not to increase range of motion.

Here are a few foot and ankle warm-ups to get your feet ready for physical activity:

- **Ankle circles** - standing on one foot, lift the other foot and make circles with the toes. Do 10 circles in each direction, then repeat with the other foot.
- **Toe points** - while standing on one foot or sitting, gently point the toes and hold, then flex the foot with the toes pointing up. Do 10 repetitions then repeat with the other foot.
- **Tip-toes** - while standing, lift the heel of one foot and press toes gently into the ground. Do this 10 times on each foot.
- **Arch stretch** - sit in a chair and place your left foot on your right thigh. Gently pull the toes of your left foot to the left with your left hand. Repeat 10 times, then switch to your right foot.

These stretches are great to use after your workout too.

Choose the Right Workout Shoe

When selecting your exercise shoe, it's important to consider both the activity and surface type. Will you be walking or running, or playing tennis or basketball? On a cushioned track, road or grassy surface? Be sure to choose the appropriate footwear for each workout.

If you have any structural abnormality like flat feet, high arches, bunions or feet that point inward or outward, please visit us for professional guidance on the best shoe type for your workout. This is especially important if you are a patient with diabetes. Often custom-fitted orthotics can address these situations and allow you to exercise pain and injury free.



Request an Appointment

Our Offices

Zephyrhills Office
6326 Fort King Rd
Zephyrhills, FL 33542
Ph: (813) 788-3600
Fax: (813) 788-7010

Monday-Friday:
09:00 AM - 05:00 PM

Sun City Center Office
936 Cypress Village
Blvd. Suite B Sun City Center
FL 33573 Ph: (813) 633-5900
Fax: (813) 788-7010

Mondays:
08:00 AM - 04:00 PM
Thursdays:
08:00 AM - 03:00 PM

Wesley Chapel Office
Florida Hospital Wellness
Plaza 2700 Healing Way,
Suite 308 Wesley Chapel
Florida 33544
Ph: (813) 788-3600
Fax: (813) 788-7010

Tuesdays:
09:00 AM - 04:00 PM

**Apollo Beach/
Riverview Office**
St. Joseph's - South
Baycare Outpatient Center
10141 Big Bend Road
Suite 207 Riverview FL 33578
Ph: (813) 633-5900
Fax: (813) 788-7010

Wednesday:
09:00 AM - 04:00 PM

When To Call a Podiatrist

At our office we often hear patients say "I wish I had come in sooner!" If you have any foot pain it's important to seek out a qualified professional as soon as possible.

A podiatrist is a doctor of podiatric medicine (DPM). Podiatrists diagnose and treat conditions of the foot. We are the experts!

If you or a family member has any of these symptoms or conditions, please consult us right away:

- Foot pain of any type
- Heel pain of any type
- Painful toes
- Any type of foot injury like a fracture, sprain or strain
- Skin conditions like persistent athlete's foot or toenail fungus
- Painful spots on the bottom of the foot - these could be calluses or plantar warts
- Toenail problems including infected ingrown toenails, discolored nails or the nail separating from the nail bed
- Any change in the foot's appearance: swelling, color change or warmth
- Deformity like a bunion or hammertoe
- An open sore, cut, bruise or scrape that doesn't heal - especially if you have diabetes
- Excessive foot odor or sweaty feet



It's especially important for patients with chronic conditions like diabetes, blood circulation disorder or heart disease to seek out a podiatrist for any foot-related issue or question.

Don't wait to seek out a podiatrist even if you feel your foot problem is "no big deal." We will be happy to see you in our office and will work to resolve your foot problem quickly.

Easy Treatments for Workout Foot Problems

Whether you're a regular exerciser, a weekend warrior or just starting a workout program, your feet can take a beating. Here are some home remedies to treat minor foot problems and get you back in the game quickly:

Blisters. You may get blisters from friction from your athletic shoes. They are your body's natural reaction to protect the new, growing skin underneath, so don't puncture them. Cover loosely with an adhesive bandage or doughnut-shaped pad. If the blister breaks, leave the flap of skin where it is. Wash the area with soap and water, apply antibiotic ointment and bandage. Call us if you see signs of infection.

Calluses and Corns. You can reduce these skin problems by soaking in water and then rubbing with a pumice stone. Follow up with soothing moisturizer. Avoid over-the-counter acid products as they can damage healthy skin. For persistent or painful corns or calluses, call us for professional treatment.

Wearing properly-fitted shoes appropriate to each activity can reduce the risk of blisters, calluses and corns. Another way to prevent blisters is by wearing 2 socks on each foot.

Caution: if you have diabetes or heart disease, please call us for help with any of these foot issues as they may worsen and become infected or lead to foot ulcers.



Recipe of the Month

Warm Snow Pea and Chicken Salad

Snow peas aren't just for stir-fries. Thinly sliced, their crunchy texture and sweet taste combine with a creamy Asian dressing to make this salad special. ...continued on page 3

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History FootNote

The Achilles tendon is named after the ancient Greek hero of the Trojan War whose only vulnerable point was his heel.

Celebrity Foot Focus

At Super Bowl 50's halftime show, Coldplay's Chris Martin sported colorful shoes with neon-orange laces that were designed by his 9-year old son.

....continued from page 2 **Recipe of the Month**

Ingredients

- 1 pound boneless, skinless chicken breast, trimmed
- 1 14-ounce can reduced-sodium chicken broth
- 3 tablespoons rice vinegar
- 3 tablespoons reduced-sodium soy sauce
- 3 teaspoons toasted sesame oil, divided
- 2 tablespoons tahini, or cashew butter
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 pound snow peas, trimmed and thinly slivered lengthwise
- 2 tablespoons chopped cashews



Preparation

1. Place chicken in a medium skillet or saucepan and add broth; bring to a boil. Cover, reduce heat to low, and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size pieces. (Cool and refrigerate the broth, reserving it for another use.)
2. Meanwhile, whisk vinegar, soy sauce, 2 teaspoons sesame oil and tahini (or cashew butter) in a large bowl until smooth.
3. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add ginger and garlic and cook, stirring, until fragrant, about 1 minute. Stir in slivered peas and cook, stirring, until bright green, 3 to 4 minutes. Transfer to the bowl with the dressing.
4. Add the chicken to the bowl with the peas; toss to combine. Serve sprinkled with cashews.

Recipe courtesy of EatingWell.com

**TOTAL FOOT AND ANKLE OF TAMPA BAY
IS PROUD TO ANNOUNCE OUR
APOLLO BEACH/ RIVERVIEW OFFICE AND
WESLEY CHAPEL/ NEW TAMPA LOCATIONS!**

*Tell your friends about our convenient locations
in Riverview/ Apollo Beach and Wesley Chapel/ New Tampa*

**Riverview/ Apollo Beach Location:
St. Joseph's Hospital South Baycare Outpatient Center
10141 Big Bend Road, Ste. 207
Riverview, FL. 33578, 813-633-5900**

**Wesley Chapel/ New Tampa Location:
Florida Hospital Wesley Chapel Wellness Plaza
2700 Healing Way, Ste. 308
Wesley Chapel, FL. 33544, 813-788-3600**

**WE ARE ACCEPTING NEW PATIENTS SO CALL
TODAY FOR AN APPOINTMENT!**

We love our referrals that come from word of mouth from our patients. Please spread the word that we are conveniently located in Riverview, in front of the new St. Joseph's Hospital and in Wesley Chapel next door to the Florida Hospital Wesley Chapel. We look forward to providing you the best care and service in the healthcare field.

Joke of the month



Spring Fever

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"

Trivia

Which of these leaders was born on April 21, 1926?

- A. Queen Elizabeth II
- B. President George W. Bush
- C. Prime Minister Winston Churchill
- D. Prime Minister Pierre Trudeau
- E. President Bill Clinton

Answer: A

Request an
Appointment

Step Forward & Walk with Confidence

A fall could change your life:

3 out of 10 seniors will fall this year

Do you have a balance problem?

DON'T WAIT. Fall prevention can start with an appointment with your doctor for a risk assessment: A review of your health conditions and current medication could indicate that you have a balance problem that may be improved with an ankle foot orthosis (AFO) such as the Moore Balance Brace.



Call us at [813-788-3600](tel:813-788-3600). We can help you today!

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Meet our Doctors



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