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813-788-3600

## Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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## Start the New Year Right With Foot Stretching and Strengthening Exercises

Have you made your New Year's resolutions yet? January is a great time to take stock and set new goals. The top 3 resolutions for 2016 are to stay fit and healthy, to lose weight and to enjoy life to the fullest.

You can keep your feet fit and healthy with regular stretching to maintain flexibility and by adding strengthening exercises to your routine. After all, 25% of the body's muscles are contained in the muscle groups of your feet. Foot strength and flexibility positively influence gait patterns, foot mechanics and ankle stabilization.



### Stretching Exercises for the Feet

Stretching the feet keeps them limber and can help prevent injuries. Try these each day to keep your soles and toes smiling:

- Towel stretch - sit on the floor with legs straight ahead. Place a towel around your toes, pull gently towards you and hold for 15 to 20 seconds, then release. Do 3 sets.
- Step stretch - stand on a stair with your heels off the edge. Lower heels slowly and hold for 10-15 seconds before returning to starting position. Do 5-10 sets.
- Foot roll - while seated, roll a golf or tennis ball back and forth over the entire sole of the foot.

Keep moving even while sitting at a desk or couch. Spread your toes apart as far as you can, hold and release. Try a routine of moving both feet in the shapes of the alphabet - from "A" to "Z" - to keep your circulation going and to flex the ankles.

### Strengthening Exercises for the Feet

- Toe press - while sitting with feet and ankles stationary, press all 10 toes into the floor and hold for 10 seconds. Repeat.

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Request an  
Appointment

### Our Offices

**Zephyrhills Office**  
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Thursdays:  
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**Wesley Chapel Office**  
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10141 Big Bend Road  
Suite 207 Riverview FL 33578  
Ph: (813) 633-5900  
Fax: (813) 788-7010

Wednesday:  
09:00 AM - 04:00 PM

...continued from page 1 **Start the New Year Right With....**

- Towel lifts - while sitting in a chair, try to pick up a towel from the floor with your toes. Repeat 5 times then switch feet.
- Walk around barefoot and stay on your toes. Try for 15-20 seconds for each set, and then repeat. Try another set of walking only on the heels also.

A little stretching goes a long way and can prevent injuries as well as enhance exercise and sports activities. Develop flexible strength from the ground up by keeping your feet fit and healthy.

## Metatarsalgia - Painful Inflammation in the Ball of the Foot

If you have foot pain, you may blame it on walking or standing for too long, especially in ill-fitting shoes. But if the aching pain in the ball of your foot persists, you may have a condition called metatarsalgia. Named for the 5 metatarsal bones that run down the foot from the ankle to the toes, this condition results from inflammation due to chronic stress on ligaments or tendons.



Metatarsalgia is an overuse injury after repeated stress on the area without healing time. The pain may come on suddenly or it may increase over a period of time, especially when barefoot or participating in sports. This foot condition is caused by:

- High-impact sports that involve jumping or running.
- Intense weight-bearing activity.
- Toe muscles that are overly tight or weak.
- Excess weight.
- Some foot deformities like claw toe, hammertoe or a very high arch.
- Tight Achilles tendon.
- Arthritis.

### Seek Professional Help for Metatarsalgia

To reduce the inflammation and relieve your pain, it's essential to reduce the excess pressure:

- Rest to allow tendons and ligaments to heal.
- Apply ice to the area.
- Use anti-inflammatory medications as instructed.
- We can prescribe custom-fitted orthotics to relieve the pressure and correct any over-pronation.
- Wear roomy, well-fitting footwear.
- Try to lose excess weight to reduce stress on the feet.

Once the inflammation and pain have diminished, we will discuss gentle stretching and strengthening exercises to get you back on your feet again.

## Recipe of the Month

### Pecan Crusted Turkey Tenderloin with Sweet Potatoes

Here's a great gluten-free recipe, full of vitamin A, fiber and healthy fats from the pecans.

#### Ingredients

- Cooking spray
- 1 egg
- 2 egg whites

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## History FootNote

Tomb carvings reveal that rudimentary foot surgery was practiced by the ancient Egyptians.

## Celebrity Foot Focus

Keep an eye on Denver Broncos quarterback Peyton Manning. He is recovering from a torn plantar fascia and for an opportunity to play before the end of the season.

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

- 1 teaspoon garlic powder
- ½ teaspoon ground black pepper
- 2 ounces pecan chips
- 24 ounce turkey breast tenderloin
- 2 – 6 ounce sweet potatoes, peeled and cut into wedges (about 18 wedges per potato)
- 1 tablespoon olive oil
- ½ teaspoon cinnamon
- 2 tablespoons Splenda brown sugar blend

**Directions**

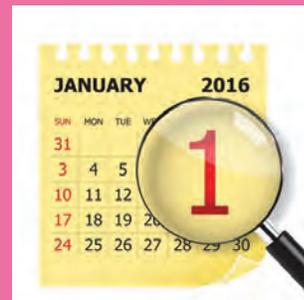
Preheat oven to 350 degrees F. Spray large rectangular baking dish with cooking spray.

In a medium shallow bowl, whisk together egg and egg whites. In another medium shallow bowl, combine garlic powder, pepper and pecans. Dip turkey breast tenderloin in egg mixture and coat well. Dredge turkey in pecan mixture and cover on both sides. Place in baking dish. Discard leftover egg mixture.

In a medium bowl, mix together the sweet potatoes, oil, cinnamon and Splenda brown sugar. Arrange the sweet potatoes around the turkey breast tenderloin in baking dish.

Bake for 50 minutes or until done (turkey breast reaches 165 degrees).

**Special January Dates**



January 1 - Happy New Year!

January 8 - Elvis Presley's birthday

January 18 - Martin Luther King Day

January is:

- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- National Soup Month
- National Staying Healthy Month

**Request an Appointment**

**THE DOS & DON'TS FOR DIABETIC FOOT CARE**

**DIABETIC FOOT CARE DOS**

**CARING FOR YOUR FEET**

- Inspect your feet daily, including the bottoms, for cuts, blisters, redness, swelling or nail problems.
- Regularly moisturize your feet to avoid itching or cracking.
- Get periodic foot exams from a foot and ankle surgeon to prevent complications – they can reduce risk of amputation by 45-85 percent.

**A STEP EACH DAY CAN HELP KEEP PROBLEMS AT BAY**

- Keep the blood flowing to your feet; wiggle your toes and move your ankles for 5 minutes, 2-3 times a day.
- Shake out your shoes and feel for objects inside before wearing; you may not feel a small foreign object when your shoe is on your foot.
- Maintain healthy blood sugar levels; out-of-control blood sugar levels can lead to nerve cell damage.

**CHARCOT FOOT**

Charcot Foot is a weakening of the bones and joints that occurs in people with significant nerve damage (neuropathy).

**SYMPTOMS INCLUDE:** swelling, redness, heat, insensitivity of the foot, with or without pain.

**WHAT TO WATCH FOR...**

Keeping blood sugar levels under control can help reduce the progression of nerve damage in the feet. Check both feet everyday and see a foot and ankle surgeon immediately if you notice signs of Charcot Foot.

**DIABETIC FOOT CARE DON'TS**

**A DEGREE OF PREVENTION**

- Never use heating pads, hot water bottles or electric blankets; you can easily burn your feet without noticing.
- Don't put your feet in hot water – test with your hand first.
- Don't try to remove corns or calluses – visit your foot and ankle surgeon for appropriate treatment.

**TIPS FOR SAFE STROLLING**

- Don't wear tight, elastic or thick, bulky socks.
- Don't let your feet get wet in snow or rain – wear warm socks and waterproof shoes in the winter.
- Don't walk barefoot, even at home! You can easily get a scratch or cut.

# 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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