

May 2011 Newsletter
"Reply for a FREE Running Kit!"

CONGRATULATIONS CINDY F!

Congratulations to Cindy F. of Heyworth! She is the winner of our April Give Away: a **FREE Callus Kit**.

April Give Away Question: What Gordon Laboratories product does HFAA recommend for callus care? (Hint: it contains 20% urea)

April Answer: HFAA recommends Gordon Laboratories Gormel Crème with 20% urea to help debride the callus. Urea is a compound that not only moisturizes the skin, but aids in removal of the calluses as well. It works by helping the breakdown of dead skin, which helps to loosen and shed hard and scaly skin.

YOU could be our next big winner. Dr. Lockwood wants to reward our readers with FREE product, EVERY month! HFAA is giving away a **FREE running kit** for the month of May! **All you have to do is reply to this e-mail with the correct answer to the question listed at the bottom of this newsletter to be entered to win.** One lucky winner will win the prize. The answer can usually be found in the context of the newsletter itself. So, good luck and get reading for your chance to win a FREE running kit!

National Running & Fitness Week is May15-21:

May is a great month to start up your exercise routine! National Running & Fitness Week is May 15-21. This week is meant to encourage individuals to get involved with community fitness events and help them learn how exercise can be fun! This is a great time for YOU to get back into your summer routine. But it's always important to take it slowly and to train carefully with the advice of an expert to avoid running injuries.

Before you get started, no matter how fit you may be, it's important to remember that stretching before and after a run is a great way to minimize injuries. Choosing proper footwear is very important and Dr. Lockwood can help you choose the right shoe for your level of activity. But, no matter how careful you are, you may end up with some common injuries, such as those listed below:

Shin splints: Shin splints, which are painful and appear at the front and inside of the leg, are often caused by running on hard surfaces, over striding, muscle imbalance, or overuse. Shin splints can also be related to the shape and structure of your feet. Treatment includes rest, stretching, physical therapy, changing your running technique, and rebalancing foot mechanics with the use of an orthotic device in the shoe.

Stress fractures: A stress fracture is a tiny or incomplete crack in a bone that is often caused by overuse, and is most common in the foot or ankle. Often a stress fracture will result in swelling and a spot that feels tender to the touch. Prompt diagnosis and treatment of a stress fracture can often prevent further injury. Many stress fractures can be treated with rest, ice and over-the-counter pain relievers. Some may require immobilization or even surgical intervention if conservative options are not helping.

Blisters and nail problems: Blisters and nail problems are common in runners, but can be avoided or minimized so that they don't limit your training routine. Blisters are caused by skin friction- don't pop them. Apply moleskin or an adhesive bandage over a blister, and leave it on until it falls off naturally. Keep your feet dry and always wear socks as a cushion between your feet and shoes. If a blister breaks on its own, wash the area, apply an antiseptic, and cover with a sterile bandage.

Ingrown nails: Ingrown nails are nails whose corners or sides dig painfully into the skin, often causing infection. They are frequently caused by improper nail trimming but also by shoe pressure, injury, or poor foot structure. Runners are particularly susceptible to nail problems, and long-distance runners often lose some of their toenails entirely while they are training.

Any of the above listed problems can be treated or even prevented by seeing Dr. Lockwood. Be prepared to **safely** start up your running routine by scheduling a consultation with Dr. Lockwood by calling (309) 661-9975 or by visiting our [website](#).

You're never too old to run!

Dr. Lockwood hears all the time "I'm too old to run, I don't want to break anything". Research shows that runners have healthier joints than non-runners and people over the age of 40, 50, 60 and 70 are the fastest-growing segment in running.

The most important thing to consider when running at an older age is your recovery. Our recovery rates slow down every year. By taking more days off from running, we speed up the rebuilding process. Running fewer days per week reduces injury risk, but it doesn't have to decrease conditioning. Even when runners maintain the same weekly mileage, they reduce injury risk by running fewer days per week.

When training, take more time to warm up for each run. Ease into your workout with a walk. On long training sessions, you want to slow down your pace by three minutes per mile. The purpose of this is to boost your endurance. The slower you go, the quicker you'll recover for your next workout. Your work outs on non-running days should be low-impact exercises that boost performance. Water running, walking, cycling and rowing are all great low-impact exercises that are also great for recovery. Avoid stair machines and high-impact aerobics because they can slow down the recovery process.

Running as you get older can be fun. If you are more conservative with your runs and focus on recovery, you can enjoy the rewards of running as you get older. If you have any other questions about running at any age, call 309-661-9975 to set up an appointment with Dr. Lockwood.

Injury Myths

"It can't be broken, because I can move it." False; this widespread idea has kept many fractures from receiving proper treatment. The truth is that often you can walk with certain kinds of fractures. Some common examples: Breaks in the smaller, outer bone of the lower leg, small chip fractures of either the foot or ankle bones, and the often neglected fracture of the toe.

"If you break a toe, immediate care isn't necessary." False; a toe fracture needs prompt attention. If X-rays reveal it to be a simple, non-displaced fracture, care by your podiatric physician usually can produce rapid relief. However, X-rays might identify a displaced or angulated break. In such cases, prompt realignment of the fracture by your podiatric physician will help prevent improper or incomplete healing. Often, fractures do not show up in the initial X-ray. It may be necessary to X-ray the foot a second time, seven to ten days later. Many patients develop post-fracture deformity of a toe, which in turn results in a deformed toe with a painful corn. A good general rule is: Seek prompt treatment for injury to foot bones.

"If you have a foot or ankle injury, soak it in hot water immediately." False; don't use heat or hot water on an area suspect for fracture, sprain, or dislocation. Heat promotes blood flow, causing greater swelling. More swelling means greater pressure on the nerves, which causes more pain. An ice bag wrapped in a towel has a contracting effect on blood vessels, produces a numbing sensation, and prevents swelling and pain. Your podiatric physician may make additional recommendations upon examination.

"Applying an elastic bandage to a severely sprained ankle is adequate treatment." False; ankle sprains often mean torn or severely overstretched ligaments, and they should receive immediate care. X-ray examination, immobilization by casting or splinting, and physiotherapy to ensure a normal recovery all may be indicated. Surgery may even be necessary.

"The terms 'fracture,' 'break,' and 'crack' are all different." False; all of those words are proper in describing a broken bone.

If you experience a foot or ankle injury, please contact Dr. Lockwood by visiting our website or calling 309-661-9975 to schedule an appointment.

Upcoming Events:

Be Content at Home Expo

-Monday May 2, 2011

-9:00am- 3:00pm

-Parke Hotel & Conference Center, 1414 N. Towanda Rd, Bloomington

Be Content at Home Expo is all about choices- YOU have the choice to stay at home as you age. This expo will connect those people who wish to stay in their homes as they age to those organizations and providers who can assist them to do just that. For more information about this free expo, call Faye or Larry Andris at (309) 452-9646, or email them at llandris@aol.com. We look forward to seeing you there!

What Women Want NOW! Expo

- Saturday September 17, 2011

- 9am-3 pm

- U.S. Cellular Coliseum, 101 S. Madison St Bloomington, IL

Attend the second annual What Women Want NOW! Expo to get great freebies, hear informative speakers, and get everything a woman wants- NOW! Last year's expo included a Twilight

celebrity, Jill Cataldo- "The Coupon Queen", and Dr. Lockwood's 'Feet First' presentation. Stay tuned for more information on what this year's expo will offer!

Step Out Walk to Fight Diabetes

- Saturday October 1, 2011

- 9am-noon

- White Oak Park, Bloomington, IL

Did you know that 1 in 3 children in the United States faces a future with diabetes? The American Diabetes Association works everyday to change the frightening future that diabetes has in store, but we need your help. Together we can stop diabetes. Take the first step today by registering to walk in our local Step Out: Walk to Fight Diabetes event. Every step you take and every dollar you raise helps the American Diabetes Association provide education programs in our community, protect the rights of people with diabetes and fund critical research for a cure. Walking is one of the easiest, most relaxing forms of exercise for many people, but especially for those living with diabetes. By participating in Step Out: Walk to Fight Diabetes, you can get fit, reduce your risk for type 2 diabetes and support the American Diabetes Association!

HFAA is proud to be active in community involvement. If you have an event you would like HFAA to be a part of, please e-mail our office manager Sam Fowler at

sam@heartlandfootandankle.com

Become a Fan of HFAA:

Did you know you can follow HFAA on Facebook, Twitter, and on our blog? Click below to check us out online!

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Check out our 'tweets' on twitter.

Read our informational blog.

Or, visit our website anytime to learn more about podiatric care, to schedule an appointment, or to find out about upcoming events.

[<http://www.facebook.com/pages/Bloomington-IL/Heartland-Foot-and-Ankle-Associates-PC/122622043893>]

[<http://twitter.com/HFAA>]

[<http://www.heartlandfootandankle.blogspot.com>]

[<http://www.heartlandfootandankle.com>]

Reply for a FREE Running Kit!

Thanks for reading our monthly e-newsletter. Dr. Lockwood wants to reward our readers by giving away a FREE prize each month. This month, we are giving away a 1 free running kit. All you have to do is reply to this e-mail with the correct answer to the question below to be entered to win!

Question: What can cause shin splints?

Good luck!

