



Feel and Run Better with Better Biomechanics

A Message From the Doctor

Dr. Gregg Neibauer, DPM



I would like to welcome you to our newsletter.

My hope is you find it educational, yet interesting, to help maintain healthy feet along the way. Wishing you a calm and healthy Spring.

Get Social w/Us



Most people don't pay much attention to their feet while they're in motion, especially while running. After all, you have to watch where you're going! However, did you know that how you step could mean the difference between reaching the finish line and reaching it in your fastest time yet?

Every time you take a step you go through a gait cycle consisting of your heel striking the ground, then your foot rolling into the mid-stance phase, and finally your toes pushing off. This is what's called the biomechanics of your feet, but sometimes it doesn't go so smoothly.

If your feet are flat, they may roll too far inward; those with high arches often have the opposite problem. Maybe you strike the ground with the ball of your foot instead of your heel. All of these variances can result in painful conditions and even injury. So how do you better your biomechanics?

Well, everyone's feet are different and no one walks or runs exactly the same way. Assessing exactly how your feet go through these phases as you step or run provides valuable insight into what shoes you should wear, and if custom orthotics are needed—to correct biomechanical issues that are making you prone to injury and slowing you down.

Optimizing foot and ankle function through correction of biomechanical faults with orthotics can reduce the risk of injury and lead to a happier running experience. Ask our staff how we can help you.



Get on Your Bike and Ride!

May is National Bike Month! Put on your helmet, ring your bell, throw your water bottle in your basket, and start pedaling!

Going for a bike ride is a great family activity, with a host of other benefits besides quality time together, (or time to yourself if you go solo).

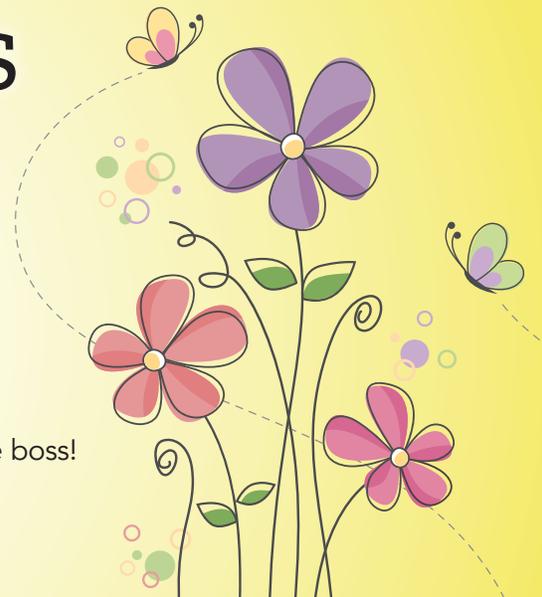
If you happen to be recovering from an injury, biking is a fantastic low-impact option to keep moving while you recuperate. It's also a great way to cross-train. In fact, interspersing it with your high-impact routine can help you avoid injury in the first place. Because pedaling puts less stress on your joints and puts your feet through less pounding, those with arthritis or foot conditions can stay fit and exercise without worsening their pain. It's good for your heart and your muscles too.

Before you head out though, make sure you have the right size bike for you. When you stand over it flat footed, there should be an inch or two clearance between you and the frame (guys only). The seat should be level and at a height that allows you to extend your leg almost completely, with only a slight bend in the knee when the pedal is at the bottom position. Handlebars should be adjusted so that they feel comfortable for you to reach without straining your back or shoulders. Make sure your tires are pumped up with the proper amount of air, and voila—you're ready to go.

Happy Riding!

Mark Your Calendars

- May 5** National Nurses Day – Thank a nurse on this one!
- May 15** National Chocolate Chip Cookie Day – No explanation needed.
- May 16** Armed Forces Day – Salute!
- June 8** Best Friends Day – Who's your best friend?
- June 14** Flag Day – Our Flag represents our Freedom!!
- June 18** Go Fishing Day – This will be a hard one to convince the boss!



Here Comes the Sun

Quick: Protect Your Feet!

Sunny, hot days are on the rise across the country, and unfortunately that means your chances of skin cancer are too. Sounds like perfect timing for National Skin Cancer Awareness Month!

If you're heading out to soak up the sun, make sure you're protected. Slather on some sunscreen with SPF 15 or above—and remember your feet.

Let's face it, when you're putting on sunscreen, it's easy to forget your feet, but leaving them exposed can be dangerous. Not only might you end up with a painful and damaging sunburn, but you could increase your risk of cancer as well. So, make sure you apply head to toe, and don't forget to re-apply every two hours and immediately after swimming. Opting to wear water shoes or sandals that cover your feet can help protect them too. It's also a good idea to check your feet regularly for any new or unusual markings. Early detection can be critical, so if you notice anything, you should contact us right away.

Other tips to stay safe in the sun? Wear a big floppy hat with a wide-brim, and a long sleeve cover-up to boot. Put up a beach umbrella, seek out the shade of a tree, or head indoors during the hours of 10 am to 2 pm when the sun is at its strongest. Investing in some UV protected sunglasses is a smart move too—hey, you may as well look cool while you're keeping your cool!

Follow these guidelines and you and your feet will be ready—and safe—to go have some fun in the sun.



Sandal Shopping Tips

How can you find warm-weather footwear that's both stylish and comfortable? Avoid problems with your feet this summer by following these tips for finding sandals that look good, and feel good too:

1. Match the sandal to the activity. Hiking? Make sure the outer sole is rugged and sturdy. Water sport? Look for lightweight and water resistant. Picnic? Find a style with protection and support.
2. Make sure they fit. Your foot should not hang over the side, front, or back. Toes should be able to lie flat, and straps should be snug without pinching or rubbing—the last thing you want are blisters!

Bonus tip: Ideally, straps should sit just below the ankle and be lined to prevent seams from irritating your skin.

3. Choose breathable materials. Leather or fabric will help keep feet from getting too sweaty.
4. Look for support and flexibility. Cushioned, supportive midsoles are hard to find but worth the effort. Sandals should flex at the ball of the foot and should not twist or bend easily.

Now, on your mark, get set—go sandal shopping!



Alpine Foot & Ankle Clinic

FOOT & ANKLE CARE FOR THE WHOLE FAMILY

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Happy Mother's Day and Happy Feet

When you're expecting, there are a lot of "firsts" to look forward to—baby's first words, first steps, and of course your very first Mother's day.

Yes, welcoming a new baby is one of life's most joyous and precious occasions, but before you delight in the pitter patter of little feet, you need to take care of your own! Pregnancy can affect your feet in a number of ways, from cramping to swelling to falling arches. Luckily, though, there are things you can do to make your feet more comfortable and keep such problems to a minimum.

First of all, avoid being on your feet for long periods of time. Extra weight puts extra stress on your lower limbs, and since your ligaments are naturally loosening to get ready for your baby's arrival, your arch has a tough time supporting you. So, make sure to take a load off from time to time, prop your feet up on some pillows when sitting, and wear shoes with plenty of support when you do stand or walk around.

Resting and elevating your feet will help with swelling too, as will drinking lots of water and avoiding salty foods—hope you're not craving chips and pretzels! While you are kicking back, you may as well enjoy a foot massage (hint-hint, dads-to-be out there!) or at least some relaxing stretches to keep your muscles from cramping up. A nice foot soak can do wonders as well, and regular exercise will encourage good circulation which will help both you and your feet feel great.

For more tips on keeping feet healthy during pregnancy, just ask. Oh, and from all of us here at the office—Happy Mother's Day!

