



# Summer Safety Tips for Feet

Summer's here! Break out your bathing suit, sunglasses, and beach umbrellas, and when you apply sunscreen, don't forget your feet! Of course, the sun's damaging rays aren't the only things that can harm your feet this time of year. There are all sorts of dangers lurking during the summer months, so keep these safety tips in mind to keep your feet safe:

## A Message From the Doctor

Dr. Gregg Neibauer, DPM



Happy Summer! We waited a long time for this warm weather, hope you are enjoying the Montana outdoors.

Inside are some interesting articles on the buddy system, yoga poses and heel pain. Have a great and safe summer!

## Get Social w/Us



- Beware of going barefoot. Not only are you risking an injury, but you are asking for a fungus to find you! There's nothing like a cut on the bottom of your foot, or a case of athlete's foot or fungal nails to ruin your summer fun!
- Choose sandals that offer plenty of support so you can protect yourself from sprains and other aggravating injuries. New sandals should be comfy from the get go, too, to avoid blisters.
- Cut down on sweaty feet and odor by keeping feet clean and dry and alternating footwear.
- Protect the skin on your feet from bug bites and stings by using repellent.
- Be aware of your surroundings –learn what poison ivy and poison oak look like, then steer clear!
- Keep nails trimmed so that they are even with the tips of your toes to keep them from becoming ingrown.
- When getting a pedicure, make sure the salon follows sanitary practices.
- Apply moisturizer after bathing so heels don't become cracked and dry.
- Wear protective and appropriate footwear when participating in activities.

Follow these tips and you'll be sure to have a safe, healthy, and happy summer!



# The Buddy System: Buddy Taping Toes

A buddy is someone you can depend on to be there for you and stand by your side, giving you support when you need it most. Well, that's exactly how buddy taping got its name! Taping an injured toe to its "buddy" next door is a process that allows for the healthy, neighboring toe to support the injured one in its time of need, so it can heal safely and correctly.

Basically, it's just like the buddy system – two friends keeping each other safe by going places together, only it's two toes buddying up to accompany each other on a journey of healing!

Of course, you can't just tell toes to stick together like you can people, and that's where the tape comes in. First, though, you need to put a buffer between the two BFFs by placing a piece of felt, padding, or cotton between the injured toe and the one next to it. Then, wrap the two toes together with first aid tape, snugly but not too tightly. This gives the injured toe support as well as protection while it heals. You'll have to change the tape regularly to keep it clean, but before you know it, your toe will be as good as new. thanks to its buddy! Hey, what are friends for, right?

## Mark Your Calendars

- July 4** Independence Day – Break out your red, white, and blue.
- July 7** National Strawberry Sundae Day – Yum!
- July 18** National Caviar Day – Seem a little fishy to you?
- Aug 7** International Forgiveness Day – To err is human, to forgive divine!
- Aug 16** National Tell a Joke Day – Hope your day is filled with laughter.
- Aug 26** National Dog Day – Saving 10,000 dogs, one day at a time.





# Yoga Poses for Your Feet

Yoga is great for stretching muscles, strengthening your core, and reducing stress, but did you know it can also be beneficial to your feet? Spreading your toes and bearing weight creates a stable base for essential yoga poses that stretch and strengthen the many muscles, tendons and ligaments in your feet – and guess what? Strong feet are less likely to get injured! Yoga also improves your balance as well as your alignment. So, try a few poses for starters, to stretch, strengthen, and relax your mind, body, and soul – and feet!

**Chair pose** – with feet planted side by side, slowly “sit” back as if you are sitting down in a chair. Raise your arms up and keep your knees behind your toes.

**Downward dog** – from a plank position, raise your backside up and bring your nose toward your knees, keeping legs straight and hands and feet on the floor.

**Tree pose** – standing with your hands in prayer position, swing one knee out away from your body and slowly slide that foot up the other leg until it is resting above the knee.

Namaste



# Soak Away Soreness and Stress

After soakin’ up the summer sun and non-stop fun, take a break to relieve sore and tired feet with this relaxing (and simple!) DIY foot soak:

Fill a basin with 8 cups of warm water.

Add ½ cup Epsom salt and stir until dissolved.

Add a few drops of soothing lavender essential oil.

Squeeze in the juice of 4- 5 slices of lemon, then throw the slices right in!

Now, sit back, dunk your feet in, and relax for 20 minutes.

Ahhhhhhh





Alpine Foot & Ankle Clinic

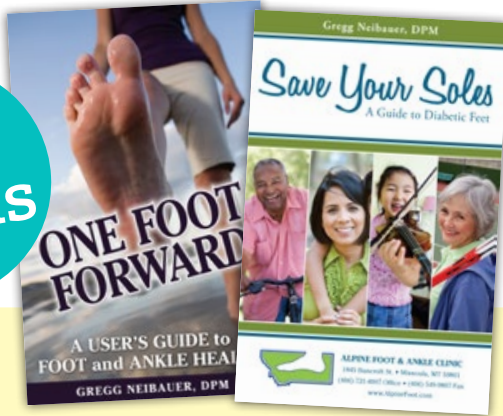
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We want to thank you for referring patients to us. We are very glad that you trust us with your patients, family and friends. Making our patients feel comfortable at our office and healed is most important to our staff at Alpine Foot and Ankle Clinic! Thank you for partnering with us.

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# Celebrate Freedom from Heel Pain

The month of July, we celebrate our country's independence, but if you're struggling with heel pain, that can definitely put a damper on family picnics, fireworks, and festivities! Not to worry, though. Freedom from heel pain is yours if you follow these battle-tested solutions:

- Have your foot assessed for any underlying conditions that could be behind your discomfort. That way, you can treat the cause of the problem, not just its symptoms.
- Stretches can help with tight tendons and muscles that may be aggravating your heel. Try standing on a step with your heels hanging off the edge, then lowering your heels down. You can also try facing a wall with legs extended behind you and pressing your heels toward the floor. Even just grabbing your toes and gently pulling them toward you can help!
- Footwear that fits well and offers plenty of cushion in the heel is helpful in reducing pain. Add some orthotics inside them for even more relief.
- Take a break from high-impact activities, and either rest completely or opt for low-impact choices like yoga, swimming, or biking.

If every time you take a step you see stars because of the pain in your heel, follow these tips to get your heels back to feeling happy and ready to celebrate!

