



# Happy Healing: Recovering from an Achilles Rupture

An Achilles tendon rupture is a serious injury that typically needs surgery and takes a long time to heal, but a positive attitude can go a long way. So, if you blew out your Achilles tendon jumping up and down over a holiday gift you've always wanted, not to worry – it's a long road to recovery, but here are a few ways to look on the bright side and make your healing process happy and stress-free:

**Take advantage of this time to relax!** Rest is essential for the healing process to take place. Think of it as a mini-vacation from all the chores and to-dos you can now have someone else do for you.

**Do some home remodeling.** It's a great idea to prepare your home prior to your procedure. Set up a comfort zone around your favorite chair with pillows, blankets, books, snacks, a laptop, TV remote, and anything else you might want at your fingertips. Elicit a friend or loved one to stay with you and help. Prepare meals ahead of time and freeze them. Set up your bathroom to make entry and exit easy and bath time less of a bother – perhaps add a stool to rest your foot on and place towels and toiletries in reach. The more prep work you can do beforehand, the easier and less stressful your recovery time will be!

**Enjoy being a passenger.** Let's face it, it's kind of nice having a chauffeur and not having to deal with driving or traffic!

**Catch up on episodes.** If your favorite show is starting season 6 and you're only on season 3, guess what? When you've got a cast on your foot, no one can blame you for binge-watching! You'll be caught up in no time.

**Keep smiling.** It's hard, but try to stay positive, be patient, and keep up with physical therapy and other parts of your recovery plan. You can do this, and remember – we are here to help if you need us!

## A Message From the Doctor

Dr. Gregg Neibauer, DPM



Hoping 2017 brings  
you and your  
family good health  
and happiness! Here's

to new goals for the new year!  
Stay warm and enjoy the winter  
activities Missoula has to offer.

## Get Social w/Us





Photo credit: James Heilman, MD

# The Low Down on Lisfranc Fractures

Perhaps you've heard the term "Lisfranc fracture" in the news referring to the latest athlete being added to the injured reserve list, but what exactly is this injury all about? Well, here's a little background on the not-so-common condition so you can impress your friends with your knowledge next time they come over to watch the big game.

A Lisfranc fracture occurs when a foot is planted but weight is suddenly shifted in another direction – a common phenomenon in many sports! This causes an extreme rotation of the joint connecting your forefoot and midfoot, fracturing the connective bones. The joint is called—you guessed it—the Lisfranc joint, and is named for Jacques Lisfranc de St. Martin who was a surgeon in Napoleon's army known for his skill in amputating soldiers' feet at this particular place. While the injury was first seen when riders fell from their horses with their feet still stuck in the stirrups, clearly, the same type of abnormal twisting can occur in athletes of all kinds.

This midfoot injury is often confused with an ankle sprain because of its similar symptoms of swelling and bruising, so it's important to seek treatment when symptoms arise, especially if discoloration is both on the top and bottom of your foot.

There you have it – all the Lisfranc fracture facts needed to score big with your fans!

## Mark Your Calendars

- January 1** New Year's Day – Happy 2017!
- January 13** Friday the 13th – Don't walk under any ladders!
- January 16** Martin Luther King, Jr.'s Birthday – Peace. Pass it on.
- February 2** National Groundhog Day
- February 11** National Make a Friend Day
- February 17** National Random Acts of Kindness Day



# Call it Quits!

## How Smoking Affects the Feet

It's one of the most common New Year's resolutions there is – to quit smoking – and there are even more reasons than you might think.

Smoking doesn't just harm your heart and lungs – believe it or not, it can do some serious damage to your feet as well! After all, feet are the farthest thing from your heart, so blood takes a long time to reach them as it is. When you smoke, it causes arteries to narrow and circulation to become impaired, which means it's even more difficult for blood to deliver the nutrients your feet need to stay healthy and problem-free.

The result? Nerve damage, injuries that go unnoticed, and wounds that don't heal – all of which opening the door to dangerous complications, including gangrene and amputation.

There are plenty of reasons to quit smoking, and now you can add two more – your feet!

If you need help, we are here for you. Try these tips:

- Write down your reasons to remind yourself why it's so important
- Prepare ahead of time by setting up support and removing ashtrays
- Find a relaxing alternative – maybe yoga or massage
- Avoid triggers like alcohol
- Exercise and eat a healthy diet
- Reward yourself
- Don't give up!

If you need more help, just let us know. You don't have to do it alone.



## Soup's On!

It's National Soup Month! To celebrate, here's an easy copycat recipe of Panera's broccoli cheddar soup straight from [allrecipes.com](http://allrecipes.com).

### Gather your ingredients

- 1 T butter
- ½ onion, chopped
- ¼ C melted butter
- ¼ C flour
- 2 C milk
- 2 C chicken stock
- 1 ½ C coarsely chopped broccoli florets
- 1 C matchstick-cut carrots
- 1 stalk celery, thinly sliced
- 2 ½ C sharp cheddar cheese
- Salt and pepper to taste

### Get Cookin'!

1. Melt 1 T butter in a skillet over medium-high heat. Add onion and sauté until translucent. Set aside.
2. Whisk 1/4 C melted butter and flour together in a large saucepan over medium-low heat. Add 1 to 2 tablespoons of milk if necessary to keep flour from burning.
3. Gradually pour milk into flour mixture while continually whisking. Stir in chicken stock. Bring to a simmer and cook until thickened, about 20 minutes. Add broccoli, carrots, sautéed onion, and celery; simmer until vegetables are tender.
4. Stir in cheddar cheese until melted. Season with salt and pepper to taste.
5. Now, grab your spoon and some yummy bread then cozy up with a warm bowl of your delicious soup and enjoy!



Alpine Foot & Ankle Clinic

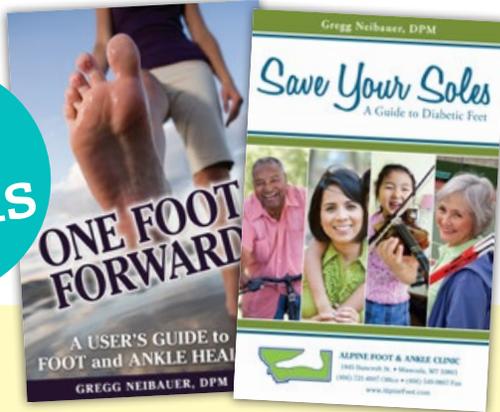
FOOT & ANKLE CARE FOR THE WHOLE FAMILY

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Books



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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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## Fighting Foot Odor

If taking off your shoes clears the room, you have some pretty serious stinky feet. Luckily there are ways to stymie the smell and keep your friends from saying farewell the instant you arrive! Follow these tips to fight even the most ferocious of foot odor:

- Wash feet often, keeping them clean and dry
- Wear moisture-wicking socks and shoes made of breathable materials
- Rotate your footwear so each pair has time to dry out
- Use antiperspirant on your feet – hey, it works for under arms!
- Apply deodorizing foot powder not only to your feet, but also in your shoes
- Soak your feet in Epsom salt or vinegar
- Put a dryer sheet in each shoe when you're not wearing them



Finally, you can say so long to smelly feet. With these helpful tips, you can slip off your shoes with confidence, and without anyone holding their nose! Want more tips? Just ask our helpful staff.