



# RIPEPI FOOT & ANKLE CLINICS

Alleviating Foot & Ankle Pain

News and Updates **January 2021**

## How You Can Help Defeat Sports Injuries Faster

If you love any sport or activity, the last thing you want is anything that keeps you from doing it. When a sports injury hits your feet or ankles, it can be extremely upsetting. Some people even try to ignore the pain they're in and try to work through it. What they don't realize is that they run a high risk of injuring themselves further and making the condition even more challenging to treat.



Ripepi Foot & Ankle Clinics completely understands how frustrating sports injuries can be and must be treated properly to prevent further complications. At Ripepi Foot & Ankle Clinics, our commitment is to treat patients sports injuries as quickly and safely as possible. We want to help you get back into action and keep moving.

That's why we provide MLS laser therapy, an advanced treatment option available at our offices in Rocky River and Parma. Not only can it help relieve the pain of sports injuries, but it may also lessen the time you need to fully heal.

It's been used at a professional athletics level for some time, and you can benefit from it too!

## New Years' Resolutions Bring Foot Pain

You made a promise to stick to your New Year's resolution to exercise and lose weight. You hit the gym (or home gym) and work out hard for a week or two. Then, one morning you wake up with foot pain shooting through your heel or the ball of your foot. The next day you're sitting on your couch because your foot hurts instead of doing your work out!

One study found that a higher number of people suffer from painful Achilles tendons, heel pain and pinched nerves during the early months of the new year most likely due to New Year's resolutions such as losing weight, starting a new work out or running more.

So...while all of these New Year's resolutions are a **GREAT** start, be sure to take proper precautions **BEFORE** taking on your new goals. Here are some tips to help you get back on your feet so you can continue with your new workout or commitment with a personal trainer.

### 4 Tips to Help You Get Back on Your Feet!

**Stretch.** Make sure to stretch for 15 minutes before working out. This helps prevent injuries by gently warming up your muscles.

**Shoes.** Wear proper foot gear. When was the last time you bought a new pair of tennis shoes? Are the treads worn? Laces beginning to shred? Feeling a little tight or too loose? These are all signs it's time for a new pair of sneakers. Look for sneakers that are proper width for your feet, have soles that are flexible, and provide cushion and support your arches.

**Socks.** Don't forget about socks. We recommend a well cushion sock made of acrylic fibers that will wick moisture away. It will help reduce the chances of getting fungus, blisters and other foot infections.

**Pain.** Don't ignore foot pain. Pain is a way for your body to tell you that something is **WRONG**, if ignored the problem may become **WORSE**. Waiting often make problems more difficult to heal and usually makes healing time much longer. Any foot or ankle pain that does not go away in 5-7 days should be examined (especially if you continue to exercise on it). Call the office so that we can keep you on track to reach your 2021 goals!



# Wintry Conditions Can Be Perilous for Ankles

When wintry conditions impose upon walking surfaces, the risk of ankle sprains and fractures soars. These injuries frequently accompany icy tumbles because ice accelerates a fall, and feet can go flying in any direction, which increases the trauma inflicted upon ankles.

Some people make the mistake of assuming they don't have a bad sprain or fracture if they can put weight on the ankle and resume walking after injuring it. That's frequently not the case. Doing so only makes the problem worse, and a person makes himself more vulnerable to chronic instability, joint pain, and arthritis down the road.

In some circumstances, a bad ankle sprain and fracture come as a package deal, with the sprain masking the fracture. The longer a fracture goes untreated (not to mention the ankle sprain), the more complicated the injury will become.

If you fall and suffer an ankle injury, give our office a call for a proper diagnosis and treatment, or head to the ER or an urgent-care center if circumstances dictate. Until you can see someone, apply the RICE technique: Rest, Ice, Compression, and Elevation.

If you must head out into snowy, icy conditions, lower your chances of a fall:

- Wear shoes or boots with no heels and which have large treads. Rubber soles are best; plastic and leather are more slippery.
- Walk with short, shuffling steps across slick surfaces. Keep your knees bent a bit, and lean forward slightly.
- Don't carry anything that can obstruct your view or throw off your balance.
- Keep your sidewalks, driveways, and steps clear, and make sure you have proper outdoor lighting when out and about.

## Mark Your Calendars

- Jan. 3** Festival of Sleep Day: The mattress dates back 77,000 years (grass and leaves ... still counts, though).
- Jan. 4** Trivia Day: Alaska is the only state that can be typed on one row of keys.
- Jan. 10** Houseplant Appreciation Day: They boost one's mood and eliminate airborne toxins!
- Jan. 12** National Hot Tea Day: In 1773, tea brought things to a boil in Boston.
- Jan. 17** Ditch New Year's Resolutions Day: Most of us did this a couple of weeks ago.
- Jan. 18** Thesaurus Day: May you have a stupendous, magnificent, fabulous, splendid day!
- Jan. 29** National Corn Chip Day: Fritos' inventor, Charles Elmer Doolin, didn't eat his creation.







# Winter's SAD State of Affairs

Short days, cold temperatures, and a lack of outdoor activity and socializing can dampen one's mood. But for roughly 10 million Americans, it's more intense than just "the winter blues." They have seasonal affective disorder (SAD).

SAD is a treatable form of depression that typically coincides with winter. Symptoms include fatigue, difficulty concentrating, diminished interest in favorite activities, and sometimes overwhelming feelings of helplessness or anxiety.

The lack of natural sunlight over winter can precipitate SAD, wreaking havoc with the body's internal clock and sleep-wake cycles. In turn, this disrupts the balance of neurotransmitter levels in the body. Neurotransmitters are chemical messengers that regulate bodily functions such as sleep, memory, metabolism, and emotional well-being. Studies have shown that the number of SAD cases increases the farther a location is from the equator.

In addition, humans may have evolved to be less active over the winter to save energy (kind of like a hibernating bear). Failure to modify our work and sleep habits from summer to winter fights against this instinct and may result in SAD.

SAD can be something else we blame our parents for, too, as it runs in families. Women are affected by it more than men, especially throughout their reproductive years.

If you believe you may be experiencing SAD — persistent symptoms for two weeks or more — contact your physician for guidance. Don't try to "ride it out" for the winter when you could be feeling better now.

One treatment for SAD is light therapy, which involves a light fixture that emits simulated sunlight; a daily 20- to 30-minute session can help boost your spirit. Braving the daytime elements to soak in some natural sunshine, vitamin D supplements, cognitive behavioral therapy, and medication may be beneficial as well.



# Braised Pork in Sweet Soy Sauce

Serves: 4; prep: 10 min.; cook: 30 min.; total: 40 min.

*Tender pieces of pork braised in a flavorful sauce with a touch of heat. This is a fabulously easy-to-make takeout fake-out dinner. Pork owns New Year's Day ... it's pretty good the rest of the year, too.*

## Ingredients

- 3.75-quart braiser
- Glass mixing bowl set (3 piece)

## Ingredients

- 2 lb. pork loin
- 2 tbsp. vegetable oil
- 1 tbsp. garlic and ginger paste
- 1 tbsp. olive oil
- 1 tbsp. sesame oil
- 1/2 cup soy sauce (NOTE: There are plenty of low-sodium substitutes on the internet.)
- 4 tbsp. sugar
- 1-1/2 cups water
- 1 tbsp. chili garlic sauce

## Garnish

- 2 green onions, chopped (optional)

## Instructions

1. Cut the pork in about 1-inch pieces. Sauté in a pan with the vegetable oil for about 3 minutes over medium-high heat until the pork is no longer pink and starts to brown.
2. In a medium bowl, mix the rest of the ingredients. Pour over the pork and bring to a boil. You may think there's too much water, but it will reduce. Once it's boiling, turn the heat down to low and let simmer for about 30 minutes uncovered, stirring occasionally, or until there's only about 3 tbsp. of sauce left.
3. Garnish with green onions. Serve over noodles or steamed rice.

(Recipe courtesy of Joanna Cismaru,  
[www.jocooks.com](http://www.jocooks.com).)



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# The Source of Your Back Pain Might Be Your Feet!

Your feet are the foundation of your body. If something is amiss, other areas of your body sometimes suffer the consequences — or at least share them.

For example, a person experiencing foot pain may limp, hobble, walk on the outside of their foot, or tiptoe — sometimes ever so subtly — to alleviate discomfort. However, when a person's walking pattern (gait) changes, it places undue stress on the next link in the chain, the ankle joint, and the buck might be passed to the knee, to the hip, or ultimately to the lower back.

Over an extended period of time, abnormal gait can cause joint cartilage to wear excessively, place added stress on ligaments and tendons, and eventually result in arthritis.

Flat feet and high arches are two examples of foot conditions that can contribute to back pain. People with flat feet have fallen arches that can cause misalignment with the ankles and force legs to rotate inward and the pelvis to tilt forward, increasing stress in the lower back.

Those with high arches have feet that don't absorb shock as well as they should. Energy not absorbed by the feet will impact another joint down the line, one not as equipped to handle it. Discomfort, pain, or injury may follow.

Wearing high heels every day or shoes that are too tight or unsupportive also render feet more vulnerable to pain and foot deformities, altering one's gait.

If you have unexplained back pain, contact our office. Unattended foot pain, foot deformities, and unsupportive shoes aren't just problems for your feet; they can also spell bad news elsewhere in your body.