



ALLEVIATING FOOT PAIN



News and Updates

June 2020

Don't Let Foot Pain Get In The Way Of Your Golf Swing

Did you know any pain in your feet or toes can affect your golf swing? Three common foot conditions that affect a golf swing:

Neuromas are nerves that can be painful and make it difficult to maintain a good stance during the golf-swing.

Arthritis can cause joint pain in the big toe making it difficult to follow through with a swing.

Heel Pain and other conditions including ankle instability or ankle arthritis can also affect how a golfer's weight shifts during their swing. Achilles tendonitis can throw golfers off balance during a swing and poorly fitting shoes may cause corns and calluses make standing and walking uncomfortable, which proves troublesome during a long golf game. Be sure your feet and ankles are in top condition before you begin golfing this year.

About the Doctor

Dr. Ripepi / Sports Podiatrist



Dr. Ripepi's goal is to treat patients with the most current and the most effective treatment options available, so that they can get back to the activities that they enjoy as soon as possible. Dr. Ripepi's philosophy is that people want to be on their feet, not off their feet, and this is how he approaches the treatment of their problem.

He enjoys treating patients of all ages, including children, active adults, and the elderly.

Dr. Ripepi is a native of the Cleveland area. He attended St. Ignatius High School, John Carroll University, and the Ohio College of Podiatric Medicine here in Cleveland. Dr. Ripepi completed his residency training in foot and ankle surgery in St. Louis, Missouri. He has been in solo practice for 27 years in Parma and Rocky River, Ohio.

As part of providing the best care for his patients, Dr. Ripepi is board certified by the American Board of Podiatric Surgery and a member of the American College of Foot & Ankle Surgeons. He is on staff at Fairview Hospital, UH Parma Medical Center, and Southwest Hospital.

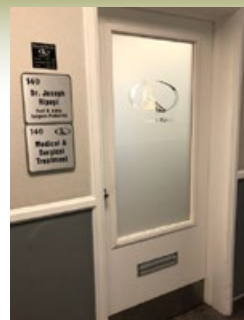
Dr. Ripepi participates in an active lifestyle and understands that his patients want to return to their activity as quickly as possible. He enjoys basketball, running, and overall fitness. After playing basketball and football in high school he now enjoys coaching his four children in CYO basketball.

Dr. Ripepi is a member of:

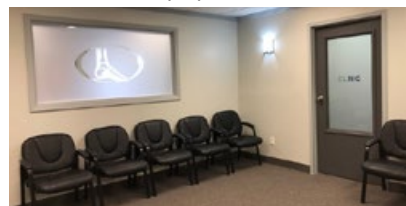
- ABPS – American Board of Podiatric Surgery
- AAPSM – American Academy of Podiatric Sports Medicine
- ACFAS – American College of Foot & Ankle Surgeons

New Office!

Ripepi Foot & Ankle Clinics have officially opened their new location in Parma's Medical Arts building to accommodate their patients and better meet the needs of all, conveniently located on the first floor.



The opening of Ripepi Foot & Ankle Clinic's new Parma office is state-of-the-art. "The new office will be the first of many important changes for Ripepi Foot & Ankle Clinics in 2020. We pride ourselves in using advanced podiatric practices and equipment, with years of experience and knowledge



to offer our patients the highest standards in care. Ripepi Foot and Ankle Clinics announce the immediate offering of laser therapy in the Greater Cleveland area.



Safety Tips for Summer Foot Care

It's important to stay active for your physical health. Whether you're walking on the beach, wandering the park, or enjoying your own backyard, going barefoot is one of the simpler pleasures as we head out on our adventures this summer.

Going barefoot beware! Every summer we treat patients for puncture wounds, cuts, and other barefoot injuries. To help you and your family steer clear of similar injuries, we're sharing some of our best tips for a safer summer.

Contact Our Office Within 24 hours of Suffering a Puncture Wound

A puncture wound can create severe complications, such as tissue and bone infections or damage to tendons. We clean the wound properly and monitor throughout the healing process.

Apply Sunscreen to the Tops and Bottoms of Your Feet

Many patients are surprised to learn that melanoma, the more serious form of cancer can occur on the feet. That's why we strongly urge you to apply sunscreen to both top and bottom of your feet.

Wear Flip-flops or Sandals Around Swimming Pools, Locker Rooms and Beaches

It's best to keep your feet protected to avoid cuts and abrasions from rough surfaces, sharp objects, and to prevent contact with bacteria, fungus or viruses that can cause athlete's foot, plantar warts or other problems.

Routinely Inspect Your Feet and Your Children's Feet for Skin Problems

Going barefoot can increase your risk for athlete's foot, warts, calluses and other skin problems. Inspect feet regularly for any changes or signs of problems. The earlier a skin condition is detected, the easier it is to treat.

Visit our website to learn more: www.stopfootpaintoday.com

Get Relief Without Needles or Surgery

Dr. Ripepi is helping people ease their debilitating pain and regain their physical independence without surgery or pharmaceuticals. MLS laser therapy is a non-invasive state-of-the-art breakthrough in restoring patient mobility. In just one treatment patients that have been suffering from various joint and sports injuries are on their way to relief. MLS Laser Therapy is unique in that it treats both inflammation and pain simultaneously. The laser works by sending photons of light deep into damaged tissue, which recharges and stimulates the cells. The cells of tendons, ligaments, and muscles repair themselves faster and kick-start the healing process.





Think You Can't Exercise? Try These Routines!

There are plenty of reasons why one's ability to perform many exercises is inhibited. You could have pain from arthritis, nerve pain that makes certain movements unbearable, or other complications where going on a run or hitting the gym normally just isn't in the cards.

That does not mean all your options are necessarily off the table, though!

Worthwhile exercise plans can be developed for many conditions, and do not always have to include high-impact activities. The best course of action is always to consult with your physician to determine the best methods for your needs, but some of these options may have potential.

- **Walking.** Do not underestimate the benefits of walking. It is a great activity for building strength, balance, and endurance without placing excessive stress on your body. Yes, mall walkers have the right notion!
- **Arm exercises.** If moving your legs and feet can be problematic, arm exercises with free weights can still be well worth it. More aerobic exercises can also be performed with arms only using hand cycles or pedal exercisers.
- **Water aerobics.** Water is a great way to provide resistance without stress on joints. Swimming and standing water aerobics can be good low-impact exercises.

Exercise is not always about having a high heart rate. If you are keeping yourself moving, building your core, and increasing your strength, those are great benefits you can carry into the future.



Simple and Spicy Shakshuka

What is shakshuka? It's an egg-and-tomatoes dish popular in the Mediterranean and Middle East regions, and it's easy to whip up some to try yourself!

Ingredients

- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 4 garlic cloves, finely chopped
- 2 tsp. paprika
- 1 tsp. cumin
- ¼ tsp. chili powder
- One 28-oz can whole peeled tomatoes
- 6 large eggs
- Salt and pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

Preparation

- Heat olive oil in a large sauté pan on medium heat. Add chopped bell pepper and onion. Cook for 5 minutes or until onions become translucent.
- Add garlic and spices. Cook an additional minute.
- Pour can of tomatoes and juice into the pan and break down tomato pieces using a large spoon. Season with salt and pepper, then bring the sauce to a simmer.
- Use the large spoon to make small wells in the sauce, then crack eggs into each well. Cover and cook for 5-8 minutes, or until eggs are done to your liking.
- Garnish with cilantro and parsley.



RIPEPI & ASSOCIATES FOOT & ANKLE CLINICS, INC.

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StopFootPainToday.com



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www.stopfootpaintoday.com

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Stretch Out for Foot and Ankle Health!

Whether you are just starting to pick up a workout program or have been putting your muscles through their paces for some time, the importance of stretching before and after any type of active session can't be underestimated.

Our muscles—as well as the ligaments, tendons, and other tissues they are connected to—are not made to endure sudden forces all at once, without preparation. Going from a standstill to a blazing run, for example, will increase your risk of injury, especially in the feet and ankles. (Just ask anyone who felt their Achilles pop mid-sprint.)

A good warm-up takes just a few minutes and brings a ton of benefits. Not only are you less likely to hurt yourself, but you also just feel more ready to do your best!

Dynamic stretching is the key to warming up. Do not limit yourself only to stretches where you stand still, but focus on more movement as well. That includes some light jogging, “butt-kicks” and other moves to stretch your Achilles, calves, and feet. (Don't forget the rest of your body too, but hey—we're a podiatry practice!)

Cooling down is also important, as it gives your muscles time to gradually revert to a resting state. **Static stretching** can be more of a focus here, holding stretches and allowing yourself to wind down.

Would you like some advice on the best stretches to meet your needs? Please don't hesitate to ask us! We'll be happy to provide you with some recommendations to fit into an overall workout plan.

