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## Staying Safe & Strong Amid COVID-19

With the recent COVID-19 pandemic facing the globe, we're being forced to face a new reality of social distancing and isolation. While most are stuck inside their homes and normal activities are halted for the unforeseeable future, there's one thing that shouldn't stop—being active. Of course, the idea staying active with the constraints of social distancing limits a lot of options, there are some ways to keep your feet and ankles strong and fit while at home.

**1. Get creative!** Look around your house and see how you can work out while at home. There are plenty ways to work out without a gym or equipment. Do sit ups, pushups, planks, squats and leg lifts.

**2. Stay connected to your family and friends.** Help to keep yourself accountable by including friends in the mix and check in with everyone to make sure they're staying safe and active, too.

**3. Check online resources.** There are numerous free resources available online to follow along with fitness videos or other classes. YouTube alone has numerous exercise videos and workout options for you to take advantage of from the safety of your home.

**4. E-Workouts could be an option.** Check with your local fitness studios on what they're offering. While most are slowly closing their doors, there are many instructors out there offering virtual classes as an alternative to in-person classes.

**5. Get outside!** You can still get outside and go for walks without putting yourself at risk. Go for a walk, run, walk the dog or go for a hike. You can get some fresh air and activity while still practicing social distancing this way. Even if you feel better staying inside, take scheduled breaks each day to get up from your spot and walk around your home.

**6. Play with your kids!** With children out of school, this is a great time to have some family fun. Play dress up, build a fort, have a dance party or draw together.

No matter what you do, even if it's something small each day, staying active will help to not only keep your feet and ankles strong, but it will help break up the time stuck at home.

For more information on activities and how to keep your feet and ankles strong, schedule an appointment with our office.

## Watch for Heel Pain with Spring Activities

After hibernating all winter, nothing beats getting outside and getting active at the first sign of spring weather. The sudden jump in activity after months of laying low with little to no activity increases the risk for heel pain known as plantar fasciitis.

This painful condition results from inflammation of the band extending from the heel to the toes known as the plantar fascia.

Repetitive activities like a new exercise routine or walking every day can put stress and strain on foot ligaments leading to inflammation and pain.

Luckily, heel pain is usually relieved easily, but it must be caught and treated early. Heel pain can become chronic and worsen if not dealt with properly.

A foot and ankle surgeon can help you find relief with different therapies, including:

- Stretching exercises
- Anti-inflammatory medication
- Activity limitations
- Physical therapy
- Footwear modifications
- Orthotic devices

While most plantar fasciitis patients respond to non-surgical treatment, there is a chance some may require surgery. If you continue having heel pain with non-surgical treatment, you can discuss options with a foot and ankle surgeon.

Don't let heel pain keep you from enjoying spring weather. If you're experiencing heel pain, call our office to make an appointment so you can continue your normal activities and maintain a healthy lifestyle.



# Don't Let Foot Pain Ruin Your Golf Swing

As you schedule tee times this spring, make sure your feet are in good shape before hitting the tee box. Pain in your big toe, heel and the ball of your foot are the most likely spots to affect your golf swing.

The pain in these spots can be the result of stiff joints, stretched-out tissues and sometimes even nerve damage. No need to worry, pain relief is possible, and surgery is often not required.

There are three common foot conditions that affect a golf swing. **Neuromas**

Nerves that have thickened, become enlarged and are painful because they've been irritated or compressed. This pain can make it difficult to maintain a good stance during the golf swing.

### **Arthritis**

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

### **Heel Pain**

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 hit the links this spring by scheduling an appointment with our office.



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