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## Socks For Seniors

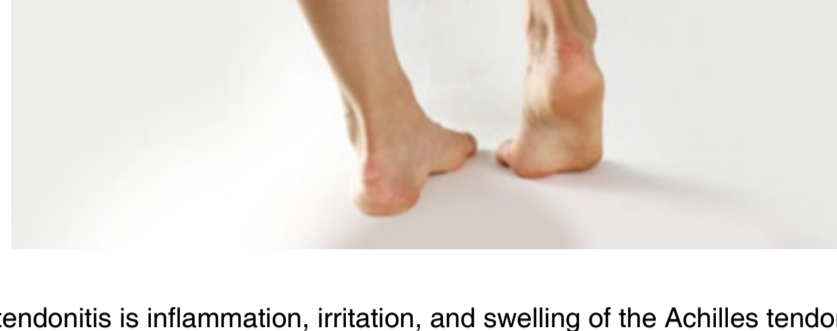
We're partnering with the Saco Police department to bring holiday cheer along with a pair of new socks to warm the hearts and cover the cold feet of our elderly seniors. The Socks for Seniors program benefits those living alone and in nursing homes and, yes, even those seniors that are homeless.

We want to thank you for your willingness to help us this Holiday Season by raffling a \$50 Maine Mall gift card and 2 \$10 gift cards to Dunkin' Donuts. Each pair of socks gets an entry; the more socks, the better your chances of winning.

Socks will be collected at our office until December 20th.

Bring a Warm Smile and a Fuzzy Warm Pair of Socks to a lonely senior. Help us reach our goal of 200 socks!

## Achilles Tendonitis



Achilles tendonitis is inflammation, irritation, and swelling of the Achilles tendon, which connects the muscles of the calf to the heel. These muscles are important for walking. The Achilles tendon can become inflamed, most often as a result of overuse or arthritis, although inflammation can also be associated with trauma and infection. Tendonitis due to overuse is most common in younger individuals and athletes. Tendonitis from arthritis is found more frequently in the middle-aged and elderly populations.

Symptoms usually include pain in the heel when walking or running. The tendon is usually painful to touch, and the skin over the tendon may be swollen and warm. Treatment usually involves ice, non-steroidal anti-inflammatory drugs, rest, and physical therapy. Hint: Maintaining strength and flexibility in the muscles of the calf will help reduce the risk of tendonitis.

If you are a victim of tendonitis, you don't have to let it get you down. The relief you are seeking is available at our office. Our facility is fully equipped with leading edge technology for your care and comfort, and our staff is particularly skilled in helping with all kinds of foot conditions.

## How to Keep Feet Strong and Flexible in Winter



When winter snow, ice and rain threaten, you can keep your feet flexible and strong with easy indoor exercises.

Keeping your feet strong can help alleviate soreness and improve overall health and flexibility. Exercising and stretching the feet and ankles regularly will help your muscles provide the best support and enhance your balance. And by increasing range of motion of the feet, you may stay active longer.

### Try These Exercises for Foot Flexibility and Strength

- **Toe stretch.** Bend forward and grab your toes. Gently pull upward and stretch your hamstring by trying to straighten your legs. Hold for 20 seconds each time for each leg.
- **Flex and point.** Sit on the floor, legs straight ahead and flex your toes toward you to feel the calf stretch. Point toes away for an instep stretch. Repeat alternating pointing and flexing.
- **Step and stretch.** Stand on the bottom step of a stairway with the ball of the foot on the edge, heel hanging over. While holding the stair rail, gently push the heel down to feel the calf stretch and hold. Repeat 5 times for each foot.
- **Towel stretch.** Sit on the floor with legs in front of you and place the towel around the toes of one foot, holding with both hands. Pull gently toward you and hold for 20 seconds. Alternate feet and repeat 3 times.

### Keep Moving Through Winter Weather

With your doctor's permission, keep up with your exercise routine. Get creative with a hike in the snow or go back to your childhood with indoor ice skating. When the weather is too wet or slippery, take a stroll around an inside mall.

## Holiday Foot Care Gifts for that Special Someone



If you are stuck for a gift idea, why not give family and friends the gift of health? Foot health, that is!

Here are some foot care gift ideas that will keep feet feeling good well into the New Year:

- A set of personal pedicure tools in an attractive zippered pouch.
- Yoga sandals to help with posture and balance.
- A lavish foot care basket packed with rich foot creams and lotions, foot scrub, a loofah sponge and brush and bath crystals.
- A footrest to fit under a desk that can ease tired feet.
- An electric foot warmer to keep cozy on the coldest nights.
- An attractive basket full of colorful nail polishes.
- A foot scrubber that rests on the shower floor – helpful for those with balance problems.
- An electric foot massager. Some models have heating and compression features with multi-function settings.
- A travel foot care kit complete with nail clippers, emery board, blister pads, moisturizer and antibiotic cream tucked into a zippered pouch. Add compression socks to aid circulation during long flights.
- A kitchen mat that relieves aching feet and fatigue while washing dishes or cooking.
- Shoe arch supports for runners to keep athletic footwear dry and fresh between workouts.

For individuals with diabetes, choose high-quality socks with extra padding, no seams and wide, loose tops.

Pressed for time? Grab a gift certificate to a nearby full-service salon or spa for a pedicure and foot massage.

**DO YOU SUFFER FROM CHRONIC FOOT, HEEL OR ANKLE PAIN?**

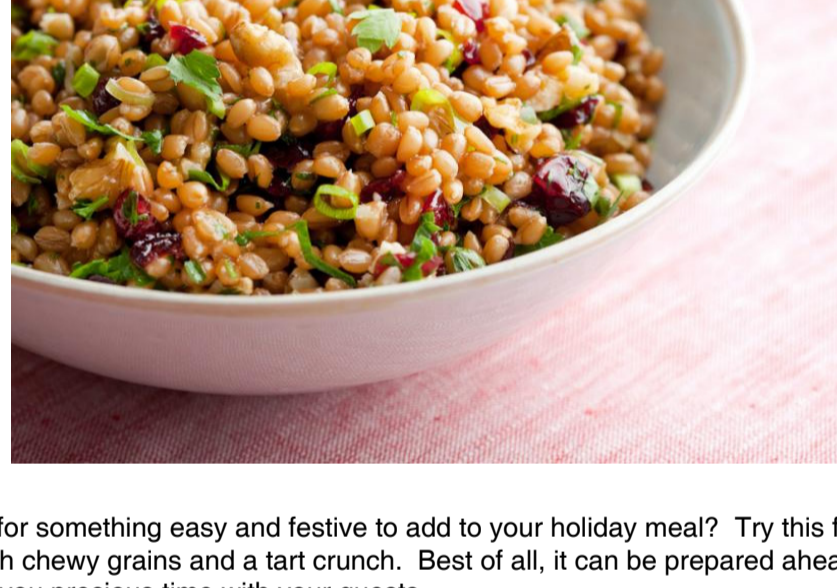
Ask your doctor about the enPulsPro and how it can help you!

Quick 5 minute treatments  
No injections required  
No down time

**TAKE A STEP IN THE RIGHT DIRECTION!**

Zimmer

## Recipe of the Month Cranberry-Pecan Wheat Berry Salad



Looking for something easy and festive to add to your holiday meal? Try this flavorful salad with chewy grains and a tart crunch. Best of all, it can be prepared ahead of time, allowing you precious time with your guests.

### Ingredients

- 1 cup uncooked wheat berries, rinsed
- 2 celery ribs, finely chopped
- 1 medium tart apple, diced
- 4 green onions, sliced
- 1 cup dried cranberries
- 1 cup chopped pecans

### Dressing

- 3 tablespoons walnut oil
- 2 tablespoons cider vinegar
- 1 tablespoon minced fresh sage or 1 teaspoon rubbed sage
- 2 teaspoons minced fresh thyme or 3/4 teaspoon dried thyme
- 2 teaspoons Worcestershire sauce
- 1 teaspoon Dijon mustard
- 3/4 teaspoon salt
- 1/2 teaspoon pepper

### Directions

1. Cook wheat berries according to package directions; drain and cool. Meanwhile, combine next five ingredients; add wheat berries.
2. Whisk together dressing ingredients. Pour over salad; toss to coat.
3. Serve at room temperature or chilled.

Recipe courtesy of Taste of Home

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## History FootNote

The word "podiatry" was coined in 1917 by Dr. Maurice J. Lewi of New York. The word comes from the Greek "pod," or foot, and "iatros" or physician.

## Celebrity Foot Focus

The Duchess of Sussex Meghan Markle, former Spice Girl Victoria Beckham and TV producer Oprah Winfrey all suffer from bunions.

## Foot Funnies

Where do foot doctors vacation?  
In the foothills.

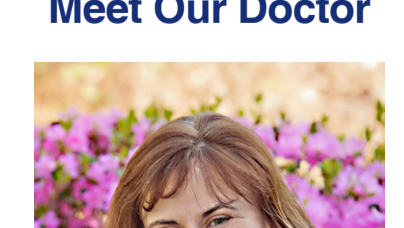
## Trivia

What famous first occurred on the 17th of December, 1903?

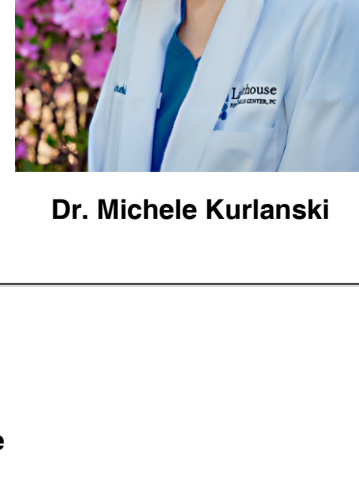
- First flight
- The first steam engine
- The first light bulb
- The first person swam the English Channel

Answer: A - First Flight

## Follow us...



## Meet Our Doctor



Dr. Michele Kurlanski

## Our Office

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## Office Hours

Monday: 8:00am - 4:00pm  
Tuesday: 8:00am - 4:00pm  
Wednesday: 8:00am - 4:00pm  
Thursday: 8:00am - 4:00pm  
Friday: 8:00am - 2:00pm

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