



**FOOT & ANKLE
WELLNESS CENTER**

www.FAAWC.com September/October 2019

THE Extra Mile

We're going the extra mile...to help you go your extra miles.

Jane E. Graebner, DPM • Drew J. Belpedio, DPM • Martha A. Anderson, DPM • Billy J. Rutter, DPM • Scott J. Blanchard, C.N.P.

740.363.4373 | www.FAAWC.com

We Keep You in the Game

What Your Kids Don't Tell You

3 Common Painful Pediatric Foot & Ankle Conditions

If your active child or teen is complaining of heel pain, we immediately suspect Sever's Disease. As the growth plate at the back of their heel develops, it is prone to both sudden and chronic damage. This results in pain and can affect athletic ability and even general walking. Don't worry. With proper treatment from a podiatrist, this pain will reduce and Sever's will disappear with no lasting side effects. Often, custom orthotics are the way to keep this pain from returning until the growth plate closes.

Fractured bones are common in children, with over 50% of kids experiencing a broken bone before adolescence. While young bodies heal well, kids have developing growth plates—places where the bones have not fully formed. Fractures in the legs, ankles, and feet need the help of a podiatrist for proper healing. Parents may not realize their child has a broken leg because they are still able to walk around normally and it only seems like a bad strain. Ankle injuries are particularly prone to fractures of the fibula, the smaller bone next to your shinbone.

The ability to move the joint above or below the site of injury does not guarantee that the bone is not broken.

If you've noticed your child or adolescent has no arch, don't worry. Pediatric flat feet are very common. No babies are born with an arch; it develops over the first few years. When an arch doesn't develop, this can lead to slower movements, difficulty wearing shoes, and even foot and lower leg pain. It's important to treat flat feet early to avoid future symptoms or pain. Often young athletes will fatigue early when running or experience cramping in the lower legs at night which are not "growing pains." Their muscles are being overworked so they retaliate. Custom orthotics are often a necessity to prevent and cure painful conditions resulting from flat feet like tendonitis or plantar fasciitis.

The podiatrists at the FAAWC are here for you and your child. We will perform a full examination and customize a treatment plan for your child's unique needs. Call the FAAWC today to set up an appointment.

Our Back-to-the-Future Summer Celebration Winners Are...

Babs Wray (\$100 gift card), **Sue Wade** (Basket), **Erin Klemanski** (\$100 gift card), **Karen Deighton** (\$100 gift card) and **Thomas Brenner** (DeLorean die cast car).



Thank You to Everyone Who Came to Our Back-to-the-Future Event

Celebrating Dr. Drew Belpedio's 10th Anniversary with FAAWC and Dr. Billy Rutter joining the practice. We had delightful treats of Chick-fil-a and Riverside Homemade Ice Cream. Photo's were taken in a real DeLorean and Tim Owings One Man Band entertained us on a warm summer day!



WHAT'S UP, DOCS?

1. Dr. Anderson and her girls with Dorothy & Toe Toe (FAAWC mascot) spent time in the Outer Banks this summer.

2. Jody (marketing) and Dorothy & Toe Toe (FAAWC mascot) on the way to Put-in-Bay for a family vacation.

3. Yasmin (podiatric assistant) spent time in Carson City, NV with Toe Toe (FAAWC mascot) and one of our Koozies.

4. Dr. Anderson, Alicia (podiatric assistant) and husband **Daryl** taking a fun ride!

5. Debbie (receptionist) spent some time at Geneva on the Lake with Toe Toe (FAAWC mascot) and found a Soda Shoppe.

6. Scott Blanchard's kid's getting ready for a zoo trip.



Under construction: Renovations have started this week to update treatment rooms. Please excuse the noise and the dust as we make improvements to better serve you.

Meet Your Feet's New BFF

Jason Williams of Feet First Orthotics in Prospect, Ohio has been fabricating our custom orthotics, braces and shoe modifications for over 20 years. He recently answered some FAQ's about custom orthotics, which are special insoles custom designed by prescription and made from an impression of your feet.

Why would I need orthotics?

Orthotics can help with many painful conditions such as collapsed arches, heel pain, arch pain, ankle instability, and high arches. Starting now with conservative treatment options like custom orthotics can reduce the need for a surgical solution later.

How are custom orthotics made?

We start by taking a mold of your foot and creating a positive model from that mold. We then vacuum form the orthotic material to the model and perfect it with additional grinding and shaping. We finish by padding and covering the orthotic device.

Why shouldn't I buy off-the-shelf orthotics?

The types of orthotic devices and supports found in stores provide little correction and are not designed to treat serious problems. A custom orthotic is your best solution for treating foot and ankle pain.

What custom orthotic devices does the FFAWC offer?

We can design and make custom functional orthotics, accommodative orthotics, foot and ankle braces, and custom shoe modifications (used for Limb Length Discrepancies).



Does my insurance cover orthotics?

Different insurances will cover different services and medical devices. We will help check with your insurance company to see what is covered and obtain any necessary preauthorizations.

Will I need to wear my orthotics forever?

Although your orthotics may feel odd or different at first, they are making important changes to your feet and you should wear them as often as possible. Continue wearing them until instructed otherwise by your doctor and be sure to replace them every two to four years.

Walk with a Doc Program in Delaware



This doctor-led group is a fun and safe place to go for a walk, learn about health, and meet new friends. Walkers will enjoy a refreshing and rejuvenating walk with the healthcare professionals at the Foot and Ankle Wellness Center who will provide support to participants and answer questions during the Walk.

The event is FREE and open to the community!

Walks will be held on the 4th Tuesday of every month through October.

Noon to 1 p.m.

Walk begins at Mingo Park Shelter House

Date: Oct. 22



YOU ASKED...WE ANSWERED

October Featured Solution —

Core-Spun Support Socks

Core-Spun Support Socks for men and women look and feel like a soft, comfortable everyday sock with the added benefit of true gradient compression.

- Ultra stretchy
- Soft yarns make them easier to put on
- Comfortable to wear
- Machine washable & dryable



Thank you for being patient with our PediCare scheduling.

Check our Facebook page for updates as to when we will have our new size accommodating chair and when manicure services will be available!



WE ARE LOOKING FORWARD TO THE

Health & Wellness Expo

Sourcepoint • Oct. 9, 3 to 6 PM

This event features **health screenings** from local providers, wellness program information, and much more. Hope to see you there!



Maple Pecan Banana Muffins

Prep Time: 10 mins, Cook Time: 35 mins,
Total Time: 45 mins

Moist and delicious Maple Pecan Banana Muffins, so good you won't believe they are light!

INGREDIENTS

- 3 medium very ripe bananas
- 1 1/4 cups white whole wheat flour
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons unsalted butter (softened)
- 1/4 cup maple sugar (or brown sugar)
- 2 large egg whites
- 1/4 cup pure maple syrup
- 2 tbsp unsweetened apple sauce
- 1/2 teaspoon vanilla extract
- 1/3 cup crushed pecans

INSTRUCTIONS

1. Preheat oven to 325°F. Line a cupcake tin with liners.
2. Mash bananas in a bowl, set aside.
3. In a medium bowl, combine flour, baking soda and salt with a wire whisk. Set aside.
4. In a large bowl cream butter and 1/4 cup maple sugar with an electric mixer.
5. Add egg whites, mashed bananas, maple syrup, apple sauce and vanilla; beat at medium speed until mixed well, scraping down sides of the bowl.
6. Add flour mixture, then blend at a low speed until just combined.
7. Pour the batter into the prepared muffin tin. Spread the pecans evenly over the muffins.
8. Bake the muffins on the center rack for 30 to 35 minutes, or until a toothpick inserted in the center comes out clean.

NUTRITION INFORMATION

Serving: 1 muffin, Calories: 142 cal, Carbohydrates: 23g, Protein: 3g, Fat: 5g, Saturated Fat: 1.5g, Cholesterol: 5mg, Sodium: 113mg, Fiber: 2g, Sugar: 12g

Freestyle Points: 4, Points +: 4

Read more at Skinnytaste: <https://www.skinnytaste.com/maple-pecan-banana-muffins/>



FOOT & ANKLE WELLNESS CENTER

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FAAWC Patient Portal

- Online account with your doctor
- Send and receive secure messages
- Make changes to personal information
- View and print medications and allergies
- Request refills of prescriptions and view appointments

Call the office at 740.363.4373
for instructions on setting up
your portal account.



Join Us for A Ribbon Cutting!

Please join us on
Wednesday, Nov. 6 at 3:00 p.m. at
1871 W. William St., Delaware
for a ribbon cutting for
Central Ohio Physical Therapy with
the Delaware Chamber of Commerce.

There will be an open house with
refreshments immediately following.



Family Fun "Color Run" & Sweet Feat Walk

Mingo Park
Saturday, Oct. 5, 2019
2 PM - 5 PM
Run/Walk Starts at 4 PM

SIGN UP NOW & SAVE!

Register at the Delaware Y
Kids: \$10 Adults: \$25 Family: \$40

Register Day Of Event at Mingo
Kids: \$15 Adults: \$30 Family: \$50

All Proceeds Go Towards **HEALTHY WEIGHT
AND YOUR CHILD**— A Community Program
at The Delaware YMCA!