



**FOOT & ANKLE
WELLNESS CENTER**

www.FAAWC.com May/June 2020

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, CNP

740.363.4373 | www.FAAWC.com

We Keep You in the Game



Dr. Martha Anderson

News Flash: Kids Have Foot Problems Too!

Most of you know Dr. Martha Anderson, since she has been with FAWC for 10 years this summer and is the soon-to-be co-owner of the practice (with Dr. Drew Belpedio) when Dr. Graebner retires in July 2021. She is a highly experienced podiatrist and board-certified surgeon. Her goal is to help every patient live their best life through healthy feet and ankles.

With three young girls of her own at home, Dr. Anderson has a deep connection to pediatric foot and ankle care. "It's a myth that flat feet in children are nothing to worry about," she says. "Too often, this condition does not improve with age and can cause many problems as an adult including early-onset tendinitis and arthritis." Often parents are not even aware of their children's flat feet until they begin complaining of cramping in the calves or early fatigue, especially with running sports.

Dr. Anderson specializes in helping toddlers, young children, and teens stay on track to lifelong healthy feet and ankles.

**Call today for an appointment with
Dr. Anderson at 740-363-4373.**

New Symptom Alert: **COVID Toes**

If you haven't heard, a new symptom of COVID-19 is popping up across the world. Dubbed "COVID toes," this condition is appearing mostly in pre-teens, teens, and young adults. These persons often show no other signs or symptoms of COVID-19.



Image credit: Medscape, Source: Jordan Lee

COVID toes appear to be discolored as if bruised. Often there is redness and itching due to an inflammatory rash. Many people with COVID toes also develop lesions or sores, mostly on the toes or the bottom of the foot. These symptoms can cause enough discomfort that wearing socks or shoes is painful.

Although COVID toes have been reported primarily in the younger age groups, the same symptoms have appeared in middle age and geriatric patients alike. **If you or someone you know has sudden discoloration of the toes, toes that feel cool to the touch, toe pain, or lesions forming, call the FAWC right away for an appointment.**

Home Care Tips for Your Foot and Ankle Conditions

During this Covid-19 pandemic, Dr. Jane Graebner has created videos offering home care advice for your foot and ankle conditions to help you avoid going to a hospital Emergency Room or Urgent Care center which minimizes your exposure and saves resources.

**Just click on this QR code to go to the FAWC
YouTube channel to view our "Toe Tips".**





WHAT'S UP, DOCS?

1. **Dr. Marti** accepted Brenda Skedell's donated masks for our office — thank you!
2. **Dr. Marti's** girls celebrated the end of school with a pinata!
3. Winning team of the FAWC Wellness Challenge, maintaining a sense of balance is what they do best.
4. Practice Administrator **Elia's** co-worker daughter Catalina during COVID stay at home.
5. **Scott Blanchard's** son Ethan sporting a COVID first-time haircut by nurse mom Julia.
6. **Dr. Porter** and Riley celebrate their first Mother's Day.

Have You Put On The COVID-19 (#'s)?

Has quarantine life been giving you the sudden urge to take up walking or running, just to get outside? You're not alone. But if you are new to jogging or running, here are some important tips to follow.

Posture

- Start from a relaxed position with your head up and shoulders down.
- Keep your back straight so your head, shoulders, and hips stay in an upright line.
- Arms should swing directly ahead in pace with your legs.

Foot Fall

- Don't lock your knees when your foot strikes the ground.
- Keep your legs relaxed and flexible.
- Aim to land on the middle portion of your foot with each step.
- Roll off through the front of your toes.

Shoes

- Look for increased cushion in the heel and forefoot.
- Running shoes with large mesh panels will have better breathability.
- Always try on running shoes with the same socks, inserts, or braces that you will wear when exercising.
- Feel free to be picky and try on many shoes until you find the right one.



Remember, walking shoes and running shoes are designed differently. Be sure to match the shoe to your activity. Also, don't skimp on price. Poor quality shoes will damage feet, necessitating costly treatments. It's also good to replace shoes every 300-500 miles (about once or twice yearly depending on your activity level).

If you find yourself with foot or ankle pain from a sudden increase in exercise, call the FAWC. Our team of providers can help evaluate your stride, diagnose your pain, and provide the best recommendations for reducing or preventing foot and ankle pain due to exercise.

► **Call us for a virtual or valet appointment today!**

Coping with COVID-19, FAWC Style

Alean's Kitchen Redo — Before & After



Jennifer's Patio Garden



Lauren's Masks, Strawberries and Nature Trails



Dr. Anderson Rubber Mulched the Playground!



Dr. Jane's Cracker Jack Collection



Peach Arugula Salad

Prep Time: 10 mins

Peaches are so ripe and juicy right now, the perfect time to make this easy and delicious salad!

INGREDIENTS

4 cups baby arugula
3 medium ripe peaches (pitted & sliced)
3/4 cup diced yellow bell pepper
3 tbsp chopped walnuts
1 tbsp extra virgin olive oil
1 tbsp balsamic vinegar
1/2 tbsp fresh squeezed lemon juice
1/8 tsp lemon zest
1/8 tsp kosher salt
fresh black pepper (to taste)

DIRECTIONS

Place the arugula in a large bowl, top with peaches, yellow pepper and walnuts. In a small bowl whisk the olive oil with the balsamic, lemon juice, salt and pepper and drizzle over the salad.

NOTES

Slightly adapted from the Eating Clean Cookbook. Serving: 1 3/4 cups, Calories: 114kcal, Carbohydrates: 12g, Protein: 2g, Fat: 8g, Saturated Fat: 1g, Sodium: 43mg, Fiber: 3g, Sugar: 7g
Blue Smart Points: 3, Green Smart Points: 3, Purple Smart Points: 3, Points +: 3

Recipe from Skinnytaste: <https://www.skinnytaste.com/peach-arugula-salad/>

WALK WITH a
DOC

Walk With a Doc Resumes!

June 23 - Scott Blanchard, CNP
July 28 - Dr. Belpedio
August 25 - Dr. Porter
September 22 - Dr. Anderson
October 27 - Dr. Rutter



FOOT & ANKLE WELLNESS CENTER

1871 W. William St.
Delaware, OH 43015



Every Friday
Walk-In Hours
Noon - 3 pm
No appointment
needed!



Dave Lewis, FitFam Personal Trainer
works with client Ellen Sullivan.

Do you often feel off balance?

Have you had any recent falls or a fear of falling?

The Foot and Ankle Wellness Center and Central Ohio Physical Therapy along with personal trainer Dave Lewis from FitFam are hosting a

Balance Challenge
Wednesday, Sept. 12
2 pm to 6 pm

Come and find out your strengths and weaknesses and receive a personal consultation to assess your fall risk.

Call 740.363.4373 to register for this free event.
(registration required). Participants do not have
to be a patient of FAAWC or COPT.

Prizes and giveaways for everyone. No walk-ins permitted.