

# Monthly Newsletter

Free please take a copy



## Lacrosse

Lacrosse is a game that dates back centuries, but only became more prominent in recent times. It is a team sport where participants use the head of the lacrosse stick to control the ball and shoot it into goal. Lacrosse's origins can be traced back to native American and aboriginal Canadian communities.

While you may be keen to try it out, keep in mind that practicing any sport could lead to injuries. It is really important that athletes train properly to lessen the risk of getting injured, and also boost their conditioning.

*What are some common injuries to the foot and ankle?*

In this sport, some of the most common injuries athletes experience to the foot and ankle

are from running and side to side cutting.

Inversion ankle sprains can occur to lacrosse players. Inversion sprains cause damage to the outside ankle ligaments but can also be associated with peroneal tendon injuries and fractures.

Other injuries can be ankle, metatarsal and midfoot fractures which often require surgery. Overuse can also lead to heel pain - also known as plantar fasciitis - Achilles tendonitis, sesamoiditis, stress fractures and shin splints.

Blisters can also occur while practicing lacrosse. They are related to the continuous running and changing directions quickly.

Contact Your Foot  
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The Footcare Centre

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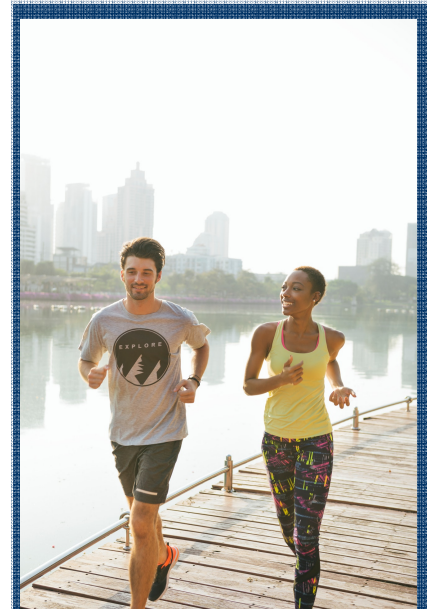
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## Oh No!!

*In July, we had 12  
patients that failed to  
attend their  
appointment!*



## Lacrosse

(Cont'd from previous page)

### How to prevent foot injuries in lacrosse

It is very important that lacrosse athletes receive proper training. This will help you stay in shape and avoid injuries. Conditioning exercises, such as different types of sprints on the field and training on the tracks will help with this.

In addition, athletes need to work their flexibility and perform functional movement training to avoid injuries. A proper warm-up

is essential, and training must always occur after warming up since cold muscles are easily injured.

The use of the right equipment is also a key factor in preventing injuries. Cleats, helmets, gloves and shoulder pads that fit well will help avoid serious injuries, not only on the feet but anywhere on the body.



Nutrition is also very important - it will help you maintain blood sugar levels and keep adequate hydration and electrolyte balance for peak performance. Nutrition plans should be personalized and monitored by a health professional. ♦

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## Heel Spurs

Heel spurs are calcium deposits that cause a bony protrusion on the underside of the heel bone. Most of them are not painful. They are often associated with plantar fasciitis, which is the true cause of heel pain. With this being said, there are some painful heel spurs.

If seen on an X-ray, heel spurs can extend by as much as half an inch, and this diagnosis method is the best to determine if the person indeed has a symptomatic heel spur or not since many people have this condition and do not feel any pain.

### *What causes heel spurs?*

The most common cause for heel spurs is when calcium deposits build up on the underside of the heel bone over a period of months. This is a response to a strong pull from the plantar fascia which anchors itself on the heel where the spur is located.

Wolf's law states that bone adapts to stress. So, when a tendon pulls on the bone, it lengthens. Likewise, when a bone isn't stressed, it weakens. This is why astronauts return from zero gravity in space only to have weakened bones.



People who walk abnormally are prone to develop heel spurs, as well as those athletes that run and jump a lot, especially on hard surfaces.

Wearing improper shoes without good support for the arch can also cause heel spurs, as well as overusing high heels.

### *How to treat heel spurs*

First of all, an evaluation by a chiropractor will be necessary so that he or she can give the best recommendation according to the case.

Some treatments may include exercise or custom-made orthotics. Your chiropractor may prescribe medication or use laser, ultrasound and shockwave therapy to speed healing. Cortisone injections may also be used to control pain. In most severe cases, surgery may be necessary. Most of the treatments for heel spurs are not focused on eliminating it but addressing the pain and what it is causing it.

If you have concerns about heel spurs, feel free to arrange a consultation with us to find out the most suitable plan of action! ♦

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## The Footcare Centre

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

Note our new opening hours on a Wednesday.  
8:00am – 6:00pm

*The Care,  
Professionalism and  
Time that your feet  
deserve*



## Team social – Niagara Speedway

It's a glorious afternoon here at Niagara Speedway for the inaugural race meet of The Footcare Centre team-night-out-race-team.

They are on their starting grid positions and Des is on pole position, followed by Stuart and Carol, Bev and Jake.

Jake is at the back of the grid, but we still have high hopes for the new racer this season.

...AND THEY'RE OFF!

Des gets off to a flying start and takes the first corner - following the racing-line like a pro! Stuart is in hot pursuit, but Carol has her eyes on Stuart as the corners approach.

On the second lap Carol takes Stuart on the spiral corner and now has her eyes on a podium win!

Jake and Bev are head to head in 4th but then both made their way through the pack past Stuart as the start/ finish line fast approaches.

Jake takes Stuart and then finds himself off the racing line and Stuart managed sneak up alongside to catch him at the top of the circuit.

Bev is going full throttle and makes her way past Jake and Stuart and looks like she will be on the podium this evening!

AND ITS THE CHEQUERED FLAG! Carol achieved her first podium win, closely followed by Des, with Bev in third place. All podium winners boasted huge smiles as they removed their helmets to pose for photos.

Well done The Footcare Centre Race Team for a great team night out!



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