



# Stretches for a Tight Achilles

Your Achilles tendon, which connects your heel bone to your calf muscles, is the largest tendon in your body. It's built to take a lot of force, but it's far from invincible.

An Achilles tendon that is tight or not properly warmed up can lead to trouble during activity. It can cause heel pain by pulling excessively on the heel bone, or it can become inflamed or ruptured.

Warming up your Achilles tendons before activity is always a good idea, and especially so if you know yours can be a problem. Here are a few easy moves you can do to help stretch it out before you start picking up the pace.



As always, though, a stretch is not a cure for a problem that's causing consistent pain. If your heels are always aching, let us know!



## WELCOME

Dr. Sean Betesh joins McDowell Orthopedics & Podiatry Group at the Carmichael and Roseville offices this January, 2019.

A native to New England, Dr. Betesh was born and raised in Connecticut and attained his bachelor's degree in human physiology from Boston University.

He received his Doctorate of Podiatric Medicine from Des Moines University. During his time at Des Moines University, Dr. Betesh graduated among the top of his class with Pi Delta honors and was president of the student chapter of the American College of Foot and Ankle Surgeons.

Dr. Betesh continued his training to complete a comprehensive three year surgical residency at Yale New Haven Medical Center in New Haven, CT, where he focused on sports medicine, reconstructive foot and ankle surgery, and diabetic limb salvage.

### Standing Stretch

- Stand about an arm's length away from a wall (a large tree can work if you're outdoors).
- Lean forward and place both hands on the support, about a shoulder-width apart.
- Extend one foot back, heel flat against the ground. Your other foot should remain closer to the wall.
- Lean forward, pressing downward on your back heel with your knee slightly bent.
- Hold 30 seconds, then switch foot positions and repeat.

### Towel Stretch

- Sit on the floor with legs extended outward.
- Place a towel beneath the balls of your feet, grasping an end of the towel in each hand.
- Sit up, with spine straight, and pull the towel gently toward you until you feel the stretch.
- Hold for 10-30 seconds, then release. Repeat 1-3 times.



# What Makes a Great Sock?

The humble sock. We often just grab whatever pair we can find in the morning and slam them on our feet before heading out the door. But a great pair of socks can make a big difference in your day!

Depending on your needs, the type of socks you use can make the difference between dry comfort and cold, wet misery.

Here are a few tips for sock choices depending upon the situation:

- **If you walk a lot or hike**, then moisture and friction are big concerns you want to address. Good old cotton is not a good choice in this situation, as it tends to keep moisture (i.e. your foot sweats) close to the skin and increases your chance of blisters. Opt for Merino wool instead. It's breathable, soft, and not itchy as you might expect. A great choice for treks!
- **If foot odor is a concern**, then breathable socks are a must here, too! Merino wool is a good choice once again, but you can also find sports socks with ventilation panels, as well as socks with synthetic liners. Socks with antibacterial properties might also be worth considering. Look for brands like Coolmax or Drymax.
- **For fancy events**, silk is a good way to go for formal comfort. However, keep in mind that they come with a higher price tag and don't tend to last as long as more durable wools or cottons. Use them sparingly.

If your feet just aren't comfortable through the day, your socks might be a factor—or it might be something else! Let us know what's going on and we can help you get to the source.

## Mark Your Calendars

- March 1st** National Peanut Butter Lover's Day – Do you prefer creamy or crunchy?
- March 3rd** Soup It Forward Day – Make your favorite soup and deliver it to another!
- March 8th** National Proofreading Day
- March 10th** National Mario Day – Celebrate the world's favorite plumber! (Mar10 - get it?)
- March 14th** National Write Down Your Story Day – Save your tales for posterity.
- March 16th** National Panda Day – Giant pandas; not red (they get their day in September).
- March 21st** National Common Courtesy Day – A little can go a very long way!
- March 30th** National Pencil Day – When you don't want things to be permanent.



# How to Make Better Fast Food Choices

In an ideal world, we'd have the time to prepare every meal we make. (And honestly, we likely have more time to do that than we're willing to admit.)

The reality, however, is that there are often times we're in a rush and need something fast. There is no shortage of clowns, colonels, and pig-tailed girls to supply this convenience, but it's often not to the benefit of our general diet.

Fast food happens. But when it does, there are some choices you can make to give your body a bit healthier of a meal—or at least a less unhealthy one.

- **Aim for 500 calories or less.** Calorie information is now easy to find on most fast food menus (or their websites), so don't take a guess on this. It's very easy to underestimate caloric intake at restaurants, when a drink can add well more than 200 alone!
- **Opt for the smallest sizes.** Just because a portion comes as part of a meal does not mean it is a reasonable portion. This is especially true with sides such as fries. The children's menu may be a place to dip if you know it will satisfy you.
- **Focus on the grilled and lean stuff.** Fried items contain a lot more fat than needed. Try to stay away from crispy chicken and fish patties, and opt more for grilled skinless chicken and lean roast beef.
- **Customize.** Don't forget that you often have options in the preparation of your food. This can include substituting salad for fries, serving sauces on the side, and simply removing fried add-ons altogether.



## Walnut-Rosemary Crusted Salmon

This recipe is a fantastic source of omega-3 fatty acids, with only 222 calories and 4 grams of carbs per 3 oz. serving.

### Ingredients

- 2 tsp. Dijon mustard
- 1 clove of garlic, minced
- ¼ tsp. lemon zest
- 1 tsp. lemon juice
- 1 tsp. chopped fresh rosemary
- ½ tsp. honey
- ½ tsp. kosher salt
- ¼ tsp. crushed red pepper
- 3 Tbsp. panko breadcrumbs
- 3 Tbsp. finely chopped walnuts
- 1 tsp. extra-virgin olive oil
- 1 pound of skinless salmon filet (fresh or frozen)
- olive oil cooking spray

### Preparation

- Preheat oven to 425 degrees. Line a large baking sheet with parchment paper.
- Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt, and crushed red pepper in a small bowl. In a separate small bowl, combine panko, walnuts, and oil.
- Place salmon on the baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture. Press it in a bit to make it stick. Lightly coat with cooking spray.
- Bake fish until it flakes easily with a fork, usually 8-12 minutes, depending on the thickness of the fish.



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# Avoiding Ingrown Toenails

A painful, swollen ingrown toenail has its way of interfering with an otherwise good day. While they are often mild enough to be treated effectively at home, it's a much better idea to prevent yourself from getting them in the first place!

There are several mistakes people can make that increase the risk of a toenail becoming ingrown. By changing your ways, you might be able to stave off ingrown toenails much more often.

- **Trim your nails properly.** Many people tend to trim their toenails far too short and curved, which can train nails to grow into the skin. Cuts to a toenail should leave a little white at the end and be relatively straight across.
- **Protect your toes.** Trauma to toenails can cause them to become ingrown as well. Make sure your footwear properly protects your toes against injury, whether from dropping something heavy on your foot or repeatedly slamming your toes up against the fronts of your shoes while running.
- **But give them room.** Shoes that don't provide enough toe box room will crowd your toes together, creating an environment ripe for ingrown toenails. If your child or teen gets ingrown toenails often, this might be the cause. Their feet may be outgrowing their shoes too quickly!

If you've tried the above advice but your ingrown toenails keep coming back, don't blame yourself. In some cases, a person's toenails are more naturally inclined to become ingrown due to heredity. If this is the case, let us know whether ingrown toenails are a persistent problem. We can help!

