



Premier Podiatry & Orthopedics

March Newsletter 2023

Podiatry: March Madness and Feet

With March Madness soon upon us, we've got our minds on basketball. This beloved and fast-paced sport not only brings fans together but also gives athletes a platform to showcase their athletic prowess.

If you're a basketball player determined to excel on the court this St. Patrick's Day and beyond, we're here to remind you that luck alone won't prevent injuries. Taking good care of your feet and ankles can bring you closer to reaching your pot of gold—whether that means playing in a championship game, earning well-deserved accolades, or improving the accuracy of your shot.

Common Foot and Ankle Injuries Among Basketball Players

While it's no fun to think about getting hurt while playing basketball, it's important to know that basketball players can suddenly experience or gradually develop common foot and ankle injuries, including ankle sprains, stress fractures, plantar fasciitis, shin splints, Achilles tendinitis, sesamoiditis, and blisters. An injury could take you off the court for a few games or initiate a season-long hiatus.

Best Ways to Prevent These Injuries

Supportive Footwear: Your performance has a lot to do with your training and talent, but don't overlook the importance of wearing supportive footwear during practice and gameplay. Supportive footwear can make all the difference in your speed and agility on the court so you can move with confidence and precision.

Custom Orthotics: Custom orthotics are prescription shoe inserts that provide cushioning and stability. Since they are made just for you (unlike mass-produced shoe inserts available at your local drugstore), they can alleviate pain, improve balance, and enhance your overall comfort on the court.

Ankle Braces: Ankle braces prevent ankle sprains and other common injuries. They offer extra support and stabilization to the ankle joint, reducing the risk of injury during the intense and dynamic movements required of this sport—jumping, backpedaling, and pivoting among them.

Stretching: Establishing a stretching routine will increase your flexibility and range of motion, which decreases your risk of injury. Stretching is one of the best ways to prepare your body for the physical demands you're bound to encounter.

Rest: There's so much joy to be found in hustling up and down the court, sinking a basket, and securing that rebound. Just don't forget to give your feet and ankles the rest they need—and deserve—when practice is over or when the final buzzer has sounded.

Orthopedics: March Madness Have You Weak in the Knees?

Happy March! It's such an exciting month for basketball fans of all ages. If you're celebrating March Madness like we are, then you know that anything can happen. As we continue to focus on basketball injuries, many orthopedic doctors across the world have had to treat their fair share.

We don't want to "bust your bracket," but a knee injury could do just that. If you enjoy watching and playing basketball, it's crucial to protect your knees so you can lessen your chances of sustaining a sports-related injury.

Common Knee Injuries for Basketball Players

A knee injury has the potential to take you out of a game or disrupt your entire season. Some common knee injuries among basketball players include anterior cruciate ligament (ACL) tears, meniscus tears, patellar tendinitis, and patellar dislocation.

Your knees are remarkably strong and resilient, but they're still vulnerable to painful injuries. That's because when you're on the court—running, jumping, rebounding, pivoting, and shooting—you're relying on your knees to support every movement you make, including all of the sudden ones that are part of this physical and competitive game.

Best Ways to Prevent These Injuries

Warming Up: We recommend warming up as soon as you lace up your most supportive pair of basketball shoes. A regular warm-up routine increases blood flow to your muscles, which decreases the risk of a knee injury.

Strength Training: Strength training is also strongly recommended. Focus on strengthening your core and your lower legs so you can minimize your risk of injury and maximize your overall stability and coordination.

Stretching: Don't forget to stretch! Your knees will thank you for the added range of motion and greater flexibility, which can prevent a mild to severe injury. Stretching can also alleviate muscle soreness and stiffness, making it possible for you to recover more quickly between games and practices.

Appropriate Footwear: Another excellent way to prevent knee injuries is to ensure that your knees have the stability they need to carry your weight and absorb all the shocks associated with running, jumping, shuffling, sliding, and more. Proper footwear will provide that stability and all the cushioning necessary to brace your knees for repeated high-impact movements.

Happy St. Patrick's Day!

All across the nation, many places have a rich history when it comes to celebrating St. Patrick's Day. The dyeing of the Chicago River was an event that started in 1962, and in New York, the St. Patrick's Day parade goes all the way back to March 17, 1762! Whether you are of Irish descent or not, you too can participate in the celebrations in one way or another and have a very festive time!

All of us at Premier Podiatry & Orthopedics want to wish you a very happy and safe St. Patrick's Day! Don't forget to sport your green while you spend time celebrating with your loved ones!