

# Monthly Newsletter

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**Contact Your Podiatrists**

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## 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.

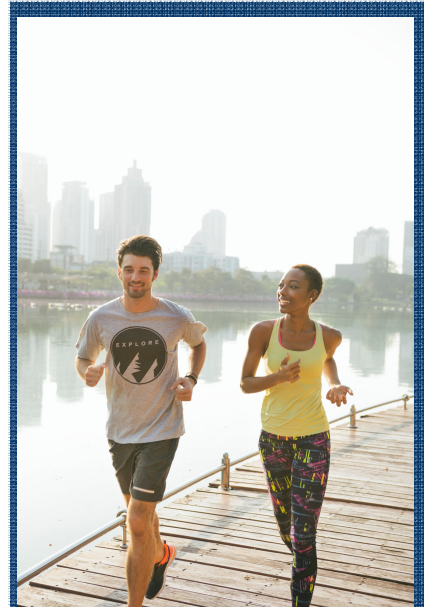
Inversion ankle sprains can occur to lacrosse players. Inversion sprains cause damage to the outside ankle ligaments, but can also be associated with peroneal tendon injuries and fractures.

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.

## Oh No!!

*In July, we had 13 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.

## 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 podiatrist 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 podiatrist 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 Care,  
Professionalism and  
Time that your feet  
deserve*



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Your feedback is highly appreciated and important to us and we look forward to reading your comments.

## Prudential RideLondon-Surrey

The RideLondon-Surrey route will offer key locations along the route where fans can join in the cycling festivities.

### Box Hill

A venue in its own right with the professionals completing the loop around Box Hill five times. There will be a big screen & some activities for fans to enjoy throughout the day.

### Weybridge

Visit Monument Green, the place to cheer on the cyclists heading out to Surrey. Lots of atmosphere, along with artisan foods & craft market, community groups & plenty of family activities.

### Esher

The Esher High Street Festival will once again be the place to take in the action as the riders tackle the final few miles. There will be plenty of stalls & activities, from bikes to beers, fitness to face painting, and up to date live action of the race on the big screen.

### Thames Ditton

Take in the action on the big screen as the riders enter the final few miles of the RideLondon-surrey route.

We hope you enjoy your RideLondon-Surrey Race.

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