

# Monthly Newsletter

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**Contact Your Podiatrists**

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## Ballet Dancing Benefits and Risks

Whether you are a dedicated dancer or you're just starting out, ballet will bring many benefits for your health if you choose to practice this activity on a regular basis.

Practicing ballet will give you as much strength as if you were training with small weights. At some point in class, you will even do a little bit of cardio. Endurance is something else ballet dancers experience. To complete an hour-and-a-half or two-hour ballet class your body will need cardiovascular endurance and stamina that you will develop gradually.

In addition, you will gain coordination since ballet requires different movements of the arms, legs, torso and head at the same time. You gain overall control of your body.

Flexibility is something else you will gain, since many exercises, especially at the barre at the beginning of class have a little stretching section.

We bet you have never seen a ballerina with bad posture, right? That is because to practice this discipline you need to have the best posture possible, and if you don't, you will achieve it little by little.

A plus of ballet dancing is the gaining of cognitive function. In ballet class, you usually have to learn new exercises that can be sometimes very complex and very fast and you need to remember them immediately. In other words, ballet helps keep the mind sharp.

## Oh No!!

*In June, we had 20 patients that failed to attend their appointment!*



## Ballet Dancing Benefits and Risks

(Cont'd from previous page)

Finally, ballet will improve your self-esteem, body image, as well as it will help you lose weight.

### Possible foot injuries in ballet

Like in any other sport or physical activity, when practicing ballet, the dancer is also prone to injuries, especially on the feet, because it is an activity that requires standing on the toes and very long training sessions.

Some of the conditions that ballet dancers could suffer from are, sesamoiditis, which is pain under the big toe joint; and metatarsalgia, often mistaken for sesamoiditis, but which involves pain and inflammation of the metatarsals, located in the ball of the foot. Both conditions can be caused by excessive and heavy-impact jumping.

Stress fractures can also occur if the dancer lands clumsily from an accelerated jump or does an awkward twist by mistake.



Another foot disorder common in ballet dancers, is called trigger toe. It happens when a toe gets stuck in a flexure.

Dancer's heel is another injury related to ballet and it consists of a condition where a bump is formed on the rear part of the heel, due to a continuous wear-and-tear on the Achilles Tendon and heel bone.

And, of course, there are also ankle sprains

that can happen by slipping or mis-stepping.

If you are a ballet dancer and have concerns about any of these injuries, feel free to consult with us to see ways you can manage or prevent future occurrences.

## What Are Foot Orthotics For?

Custom foot orthotics are shoe inserts that can help you with several medical issues regarding your feet. They are custom-made and prescribed, specifically for your feet, which can be an effective treatment for sore feet.

These inserts are most commonly used to correct an abnormal walking pattern, reduce pain, provide support, prevent deformity on the feet, provide better positioning, aligning the feet, relieve pressure on a certain area

of the foot, and even improve the mechanics of the entire lower extremity.

### *Differences between over-the-counter inserts and custom orthotics*

Inserts that you can buy at a pharmacy or store are good for providing cushioning and support. However, if you feel that you are not getting benefits from it or you have pain of any sort, you might need a custom orthotic.



Custom orthotics are medical devices that a Podiatrist will prescribe after an evaluation. A podiatrist will do a physical examination and analyze the way you are walking to assess how the feet, ankles, legs and hips move.

Orthotics are also used by people with diabetes, plantar fasciitis, bursitis and arthritis, and could even prevent flat feet surgery!

In the case that the podiatrist determines you need orthotics, a 3D mold of your feet will be taken in order to get the right fit.

Later, an orthotics lab will turn the mold into

rigid or soft custom orthotics, depending on what the podiatrist determines you need.

### *Types of orthotics*

Rigid orthotics are also known as functional orthotics and are made from plastic or carbon fiber. They are mostly used for walking shoes and they help control excessive motion, such as over-pronation.

As for soft orthotics, they are made from soft compression materials and provide cushioning to take pressure off uncomfortable spots caused by prominent bones or diabetic foot ulcers.

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



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## Weybridge 10K – Results & our practice managers race morning experience

It was a beautiful morning by the river Thames at Walton bridge, with everyone enjoying the atmosphere, I spend time milling around and taking pictures. Then it was time for the warmup, lots of fun with Fit with Frank.

Onto the race, it was like a sea of people as we all headed up to the start, once the race was underway, I headed back towards the start line, just as I got there the first person came through! in just 11 minutes 25 seconds, this took everyone by surprise!! A rather large cheer ran through the crowd, the other runners started filtering through so there was lots of cheering and clapping.



The first person past the post was also the same person who took us all by surprise earlier, he was still running at the same speed!! I could not believe he was back again so soon. Here are a few of the results

First man past the post was Scott Overall with a time of 30.13.3

Second was last years winner Will Curren with a time of 34.31.7

First lady past the post was Hannah Pullen with a time of 37.38.0

Here's to next year's 10K!!!

Would you be willing to write a Google review about your experience today? If so, please visit:



<https://goo.gl/rN1MEF>

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