

Fall Foot Injuries

Soccer, football, cross country, golf, and other sports activities this fall may be a little different this year due to the Covid-19 pandemic. However, sports injuries to the foot or ankle are very common with high intensity sports in the fall. We see more younger patients come in for sprains, Achilles tendons, and plantar fasciitis. Below are some easy ways to help prevent injuries.

Purchase The Right Shoes - We cannot recommend this enough to patients. Buying the correct, properly fitting shoe designed for a particular sport will help prevent injuries in the long run. Also, keep in mind buying a shoe too small could result in toe issues, or purchasing them too big would result in ankle sprains and falls. In addition, they need to have accurate arch support to sustain the pressure to your feet.

If You Have Past Injuries, Do Not Forget About Them – It is essential that you monitor old injuries that have occurred. A pre-season physical is recommended by school to ensure the safety of your child.

Follow A Practice Routine – Make sure to preform daily stretching before and after games and practices. In addition, it is important to gradually work into high intensity workouts. Quickly increasing speed or duration is one of the leading causes of sports injuries.

Bottom line, do not let your child “play through the pain.” Small foot or ankle injuries can lead to serious issues. If you or your children are having foot or ankle concerns, give us a call! We can get you on the right path to healthier feet. Several of our doctors are marathon runners and can relate to foot injuries you may be having.

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Podiatrist Spotlight!

Dr. Ellen Colgan

Dr. Ellen Colgan is skilled in the techniques of foot and ankle surgery, sports medicine, wound care, and diabetic foot care. Her goal is to get her patients back on their feet as quickly as possible and back to the activities they enjoy.

Dr. Colgan is an avid runner and has a passion for treating sports-related foot and ankle problems. She also enjoys treating a wide variety of podiatric conditions, including: bunions, flat feet, hammertoes, Achilles tendon problems, foot fractures, ingrown toenails, skin disorders and diabetic foot care. She sees patients of all ages: pediatric, adult, and older adult.

Medical School: Des Moines University of Podiatric Medicine and Surgery

Graduate School: Master of Health Administration - College of Health Sciences in Des Moines, Iowa

Residency: SSM DePaul Hospital in St. Louis, MO

foot funny!

Dr. Lamb: Does your shoe have a hole in it?

Laura: No.

Dr. Lamb: Then how did you put your foot in it?

Standing in one spot is far more tiring than walking because the demands are being made on the same few muscles for a longer length of time.

Fun Foot Fact!

October Birthday's

7th - Lisa Anderson

HAPPY
BIRTHDAY



What's New?

**Is your foot hurting you?
Visit us in Waterloo!**

509 Hamacher Street
Suite ~~202~~ **203**
Waterloo, IL 62298

We have an official office in Waterloo, IL in the Southern Illinois Multi Specialty Clinic. The new clinic will be located down the hall from the old clinic location in room 203! Check us out if you are in need of foot and ankle care and live near the area!





HAPPY HALLOWEEN

We understand that Halloween may be different this year, but we still want the kids to have a fun and safe day! NextStep will be hosting a Trick or Treat event on Saturday, October 31st from 6-9pm. Please wear your costumes and masks!

TRICK OR TREAT
SMELL MY FEET
VISIT US FOR A SWEET!

10.31.20 | 6PM - 9PM
784 WALL STREET | SUITE C | O'FALLON, IL

CANDY DONATIONS ARE ACCEPTED!

We ask that you please wear a mask when coming in for your appointment.

Thank you!

