



When Does Your Ankle Stability Matter? Right Now!

They say you don't know what you've got 'til it's gone, and that's absolutely true when it comes to ankle stability!

Our ankles are incredible joints and are highly durable and flexible in order to provide our foundation in both standing and moving. When something threatens our balance—suddenly uneven terrain, for example—our ankles kick in to keep us upright and not in a heap on the ground.

Injuries such as sprains, the wear and tear of time, and other factors can lend to our ankles becoming weaker and more unstable over time. This unsteadiness can become a huge concern once it begins to happen, but that's approaching the matter much later than we could be.

By working on your ankle strength and balance while you still have it, you can help guard yourself against the elements that may start taking it from you in the future.

These are not complicated or time-consuming exercises to do, either. Here are a couple easy examples:

- Stand on one leg and hold for 15 seconds. Repeat with the other leg. Do not be afraid to use a wall or counter for support at first. Once this becomes easier, stand freely, then begin increasing the length of time. For even more challenge, close your eyes or stand on a less solid foundation, such as a cushion.
- Perform standing calf raises. Lift yourself up on your toes 15 times. For added challenge when comfortable, stand on one leg or hold weights while doing your reps.

Want more exercises? We can recommend some for you that will best match your needs and current concerns.

About the Doctor



JEREMY MCVAY, DPM

Dr. Jeremy McVay established McVay Foot & Ankle to provide comprehensive, compassionate foot and ankle care for the Colorado Springs and the surrounding area.

Are Your Toes Getting Crammed?



Form, function, and fashion can often feel at odds with each other. A shoe might be just the style you're looking for, but it might not be the best fit for your feet.

One area that tends to take a lot of casualties from shoe choice is the toes. Shoes can have narrow toe boxes that force them all to cram together like a family's kids in the back of an old sedan. Shoes with high heels can also place a lot of forward pressure on the toes, forcing them up against the front of the shoe.

In both situations, all that undue pressure on the toes can lead to very uncomfortable problems. Deformities such as bunions and hammertoes may be considered more hereditary in their causes, but tight shoes can make a problem that's just starting to develop progress much, much faster!

Friction from toes rubbing up against shoes and each other can also create painful and unsightly corns. There is also the risk of ingrown nails, as well as black toenails if the toes are continually getting rammed up against the front of your footwear (this tends to be most common in runners).

The good news is that changes to footwear can go a far way in preventing these problems from developing or progressing. Making a change is very much worth it!

There are some great options for footwear that don't involve sacrificing comfort or health for your feet. We promise. We can help you determine the best types of shoes for your foot type and needs.



Mark Your Calendars

- June 1** National Bubbly Day – As in sparkling wine (but bubbles can be fine, too!)
- June 5** National Running Day – Let us help you start on a safe and effective running plan.
- June 8** National Upsy Daisy Day – A day to rise up with positivity!
- June 13** National Kitchen Klutzes of America Day – Just mop up afterward, will you?
- June 17** National Eat Your Vegetables Day – No dessert before you do!
- June 21** Go Skateboarding Day – Did you know Tony Hawk still skates at 51 years old?
- June 23** National Pink Day – You can call it “salmon” if you wish.
- June 27** National Sunglasses Day – Hopefully we'll need them!



Encouraging Foot Health in Your Children

Want a hot tip for life? It's never too early to make good choices!

Of course, if you're a parent, good choices are something you will often find yourself having to nudge your kids toward. They are not always in the market for determining what will be best for them or their futures.

Learning a few good habits early on can help save them from problems later on. Here are a few to encourage:

- **Your child's shoes are theirs alone.** Sharing shoes can lead to nasty surprises such as warts, fungal toenails, and athlete's foot. Teach your child to only wear their shoes, and never let someone else use theirs.
- **Warm-up before high activity.** Warming up with stretches and light jogging before sports and running is a good way for everyone to help avoid overuse injuries such as Achilles tendinitis. Making warmups a habit will be beneficial in the future (and any sports coaches your child may have will likely love their discipline, too!).
- **Wash well.** Daily foot hygiene is important! The feet should be washed with warm water and soap as part of a routine, and that includes between the toes. Just letting soapy water run down over the feet does not count (we're looking at you too, adults).
- **Be open about foot or ankle problems.** A common problem with children is that something may hurt, but they are afraid to talk about it due to fear of missing out on activities or fear of enduring a treatment that feels even worse. Always be open, honest, and compassionate with your children about potential treatments and problems, and they will be more open to talking with you about them.

Never hesitate to ask us if you have any questions about your child's foot or ankle care. We will be happy to help!



Garden Egg Salad

A good, quick recipe for a meatless dish. It's great for a warm summer day, too!

Ingredients

- 6 large eggs
- ½ c. low-fat mayonnaise
- 2 Tbsp. whole-grain mustard
- Kosher salt and freshly ground black pepper
- 2 scallions (white and green), thinly sliced
- 1 rib celery, minced (about ½ c.)
- 2 radishes, grated with large holes of a grater
- 8 romaine lettuce leaves
- 1 c. pea or other sprouts

Preparation

- Place eggs in a saucepan with enough cold water to cover. Bring to a boil, cover, and remove from heat. Set aside for 12 minutes.
- Drain the eggs and roll them between the palm and counter to crack the shell, then peel under cool running water (it's the best way).
- Dice the eggs, then combine them with mayonnaise and mustard. Season with salt and pepper. Stir in scallions, celery, and radish.
- Divide the egg salad evenly among the lettuce leaves. Top with sprouts and roll up. About 2 rolls will be a typical serving.



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What Do Your Nails Say About Your Health?

Your fingernails and toenails can sometimes act as a window into your overall health. Of course, there are direct nail problems such as fungus or ingrown nails, but other signs can point toward more systemic troubles.

Here are a few *potential* things the appearance of your nails might be revealing about your body. It's always recommended that you consult with us or your primary care physician when it comes to confirming such matters, however.

Seeing *side-to-side lines on your nails* can be a sign that you have been experiencing a prolonged period of stress. It's a similar reaction to how your hair can sometimes fall out more easily in the same state.

A *yellow-red discoloring* on your nail, that might look a little bit like an oil drop, may be a sign or effect of psoriasis. Indentations in the nail plate, redness, and black lines can also be symptoms.

Seeing *white streaks or spots* along with side-to-side lines and rough ridges may be a sign of kidney disease.

If you catch something abnormal in your nails, however, don't panic! There are many reasons why you might see spots, colors, or other unusual effects in your nails—most of them harmless. Just make sure it gets checked out.