



If your hurting feet could talk...



Achilles Tendinitis Tips to Keep You in the Game

About the Doctor



Jennifer Keller, DPM

Tagging along with your mom to a doctor appointment could redirect your career path.

That's exactly what happened to Dr. Jennifer Keller while an undergraduate in biochemistry at Virginia Tech. Her mom's podiatrist served as a mentor helping guide the decision to become a podiatrist. After obtaining her Doctor of Podiatric Medicine degree at NYCPM, Dr. Keller completed a foot and ankle surgical residency at Mercy Medical Center in Baltimore, MD. Away from the office, Dr. Keller enjoys time with her children, horses, dogs and cats. While born a Yankee in NY, she has adapted well to life in Botetourt County.

Get Social w/Us



Let the games begin! Fall sports of all kinds are kicking off, and every athlete wants to start the season strong. If you're training too hard, though, it can take its toll, especially on your Achilles tendon.

Achilles tendinitis is an overuse injury and often occurs in those who increase the duration and intensity of their workouts too quickly. To avoid this sidelining condition, it's best to gradually boost your training and be sure to warm up properly beforehand. The right shoes make a difference, too. Make sure yours offer plenty of cushioning and support to reduce tension placed upon your Achilles. Orthotics can provide additional help as well.

Another great prevention method is cross-training. Alternating low-impact activities—like biking and swimming—with your high impact workouts can help minimize stress on the tendon. Strong calf muscles can do so as well, so try strengthening exercises like rising up and down on your toes.

Finally, if you do feel pain, rest! Avoid running, especially on hilly terrain, and ice the area to reduce inflammation. A little patience will go a long way here. Coming back too early can make the problem worse and even encourage future flare-ups.

Follow these tips and by the time the ref blows the whistle, you'll be more than ready to play! Just ask our friendly staff if you want to find out more.



Fitting in Fitness at Work

When you work all day, it's hard to get in the exercise you need to stay fit and healthy. Well, in honor of Labor Day, we'd like to offer all you hard-workers some helpful hints on how to fit fitness into your busy work week.

The last thing anyone feels like doing after a long and tiring day on the job is coming home and squeezing in a workout, so try getting up early instead. Set your alarm—and don't hit that snooze (you snooze, you lose!). Exercising before heading to work is a great, energizing way to start your day!

Not a morning person? Then take advantage of your lunch break. Walk to the sandwich shop, take a quick trip to the gym, do some stretches after you eat, keep some hand weights in your desk drawer—you get the idea.

Another great way to get in some fitness is to skip the elevator and take the stairs, or hop on your bike or walk to work instead of driving. You can forget emailing co-workers too—get up and go deliver the message in person! Even if you need to stay seated for long periods of time, you can still work some muscles simply by contracting them periodically. You can also exchange your chair for an exercise ball, or set a timer to stand up and move right at your desk—do some calf raises, squats, leg circles, and wall pushups, or walk in place or around your desk a few times.

If you are destined to have to exercise after work, be sure to develop a set routine so you can make it part of your everyday agenda without skipping a beat. Once it's a habit, it'll be hard to break.

Have a Happy and Healthy Labor Day!



Mark Your Calendars

- September 6** Read a Book Day—Snuggle up with a good book!
- September 7** Labor Day—Virginia Tech vs. Ohio State, Go Hokies!
- September 12** Chocolate Milkshake Day—Quick, grab a straw!
- September 13** Grandparents Day—Give 'em a hug
- September 18** National Cheeseburger Day—Fire up the grill
- September 19** International Talk Like a Pirate Day—Arrr!!
- September 24** Happy Birthday Dr. Keller!

Listen to Your Body's Warning Signs

It's pain awareness month! Okay, so it's not exactly the best cause for celebration—after all, no one wants to actually be aware of feeling pain! Everyone goes through it from time-to-time, though, and too often we ignore this built-in warning signal our body gives to tell us something's wrong. We figure it'll probably just go away, then try to see if we can tough it out. However, pain is not normal and should never be ignored.



Foot pain in particular can be the result of any number of problems, some of which can be quite serious. The only way you can truly know what's wrong is to have a podiatrist (like ours!) assess your condition and make a diagnosis—only then can it be determined how best to treat the problem and put an end to your pain, or at the very least manage it.

There are two main types of pain:

Acute, which is usually sharp and sudden, and ranging from mild to severe as a result of injury, for example.

Chronic, when pain persists for longer than 3 months, affecting quality of life both physically and mentally.

Managing an underlying condition that is causing the pain is one way of minimizing discomfort. Medication, physical therapy, and surgery are just a few other techniques that can be used to alleviate pain and help you to live a full and active life. So if your body is sending the warning sign of pain—listen! Then, ask our expert staff for help.



The Right Cleats for Children's Feet

It's fall alright. You can tell by all the running, tackling, kicking, and throwing going on! Fall sports are definitely in full swing, which means your kids will probably be spending a whole lot of time in their cleats. The question is, how do you know whether your children's cleats are supportive enough to protect their feet?

First off, shop at the end of the day—feet are naturally a bit swollen and bigger at that time. Have your child's feet measured in case they vary in size, then fit the larger foot. Also, have your child wear the socks normally worn when playing, and be sure to choose the proper cleat for his or her particular sport—a football cleat is totally different than a soccer one! There should be some wiggle room in the toes, but the heel should be snug, and they should feel comfortable right away, not have to be "broken in."

Look for multiple cleats on the heel too. This protects young players from excessive pressure that can cause heel pain. Opting for cleats that are no more than a half inch long will also reduce chances of injury. Lastly, be sure to take into consideration the type of surface on which the sport is played. Soft ground such as grass calls for fewer or removable cleats, while a molded cleat bottom is best for firmer surfaces like artificial turf.

If you follow these guidelines, your kids will be ready to hit the field, and you can take your place on the sideline fully confident that their feet are supported and safe. For more tips, just ask the experts at our office. We'll be happy to help. Now let the games begin!

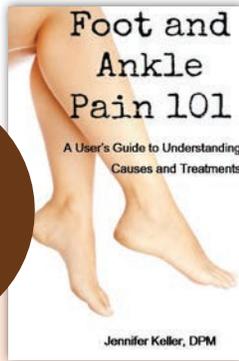


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Prompt Attention for Puncture Wounds

After stepping on something sharp, the first thing you'd probably do is scream out in pain then hop around on your good foot, but the next thing you better do is take care of it. Prompt treatment of puncture wounds is crucial to preventing infection. If you don't have diabetes, and you have had a tetanus shot, a minor puncture wound can be treated at home with a little TLC.

First, as much as we're sure you don't want to, you're going to have to take a look at it. Check if the object that caused the wound—or any piece of the object—is still inside. If it is, use sterilized tweezers to carefully remove it. Next, after allowing some blood to flow for a bit to promote cleaning, stop the bleeding by applying direct pressure. Then, wash the wound thoroughly with mild soap and water. Do not use anything else to avoid harming tissue and slowing the healing process.

Protect the area with a sterile bandage. You can ease any pain by keeping your foot elevated as much as possible and taking recommended medication. If you see any signs of infection—redness, swelling, warmth, increased pain, fever, or discharge—call us right away.

For more information, just ask. We are always happy to help. Oh—and watch your step!

