



Southern Ohio Foot & Ankle  
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### Benefits

Walking for 20 minutes a day, three times a week can help you to:

- Strengthen your heart and Lungs
- Improve circulation
- Prevent heart attacks and stroke
- Boost you metabolic rate
- Favorably alter cholesterol
- Improve muscle tone in your legs and abdomen
- Reduce stress and tension
- Reduce arthritis pain
- Stop tissue decay

\*source - [www.apma.com](http://www.apma.com)

## Love Your Feet

Walking is the best way to make your feet happy. Not only will your feet feel better, your overall health will improve.



Fundamental walking or “health-walking” is inexpensive, requires little or no athletic skill, and can be done anywhere. No club membership is

needed. Your own neighborhood is a great place to start!

You should consult your family physician before you begin any walking program, especially if you are over 60, have a disease, smoke, take medications, are obese, or have been physically inactive for a long period of time.

### Walking Tips

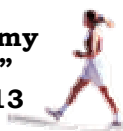
- Move at a steady pace
- Keep your head up
- Swing your arms freely at your sides
- Land on your heel first, then roll foot forward and push off the ball of the foot
- Try to walk on level surfaces
- Carry a water bottle, drink often
- Wear good walking shoes
- Wear loose comfortable clothing
- Be aware of your surroundings at all times
- Wear reflective clothing or strips if walking at night
- Cool down afterwards

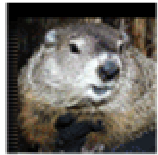
\*sources: [www.apma.com](http://www.apma.com)  
[www.leadertelegram.com](http://www.leadertelegram.com)  
[www.ramblers.org.uk](http://www.ramblers.org.uk)

### Did You Know?

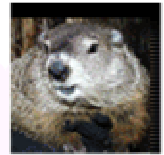
You can measure the pace you walk with a wristwatch. Count the number of steps you take in a 15 second period: if you’re taking 15 in that time, you’re walking about 2 miles an hour. At about 23, you’re walking 3 miles and hour, and at 30 paces you’re walking close to 4 miles an hour!

**“ I have two doctors, my left leg and my right.”**  
**George Trevelyan, 1913**





# February Footfalls



Stretching before any exercise routine is important, especially before beginning a walking program. Warm-Up exercises lower blood pressure, improve blood flow to the heart, increase muscle temperature and make muscles more flexible. Slowly apply each stretch listed below until you feel tension, but not pain. Hold each stretch for 15 seconds. Don't bounce up and down during stretches and breathe normally. These low-intensity exercises should take 10 to 15 minutes to complete, then you will be ready to start your healthy walk!

## Warm-Up Exercises

**Head Circles:** Make quarter circles with your head. Start with your ear near your shoulder on one side, rotate around to the front, ending with your ear near the other shoulder. Repeat 5 to 10 times.

**Arm Circles:** With one arm at a time, make a backward arm circle with your palm facing out and your thumb pointed up. Reverse for forward arm circles with your palm facing in and your thumb pointed down. Repeat each 10 to 15 times.

**Hip Stretch:** Stand up, take a half step back with your right foot. Bend your left knee and shift your weight back to your right hip. While keeping your right leg straight, bend forward more and reach farther down your right leg. Hold for 15 to 30 seconds. Switch sides and repeat.

**Quadri-cep Stretch:** Stand erect, holding onto a wall or post for support. Bend your knee behind you so that you can grasp your foot, holding your heel against your buttock. Stand straight up and push your knee gently back, as far as you can (your hand just keeps your heel in place. Some people find it more comfortable to use the opposite hand.) Hold for 15 to 30 seconds. Repeat with other leg.



**Calf Stretch:** Stand an arm's length from the wall or a support. Lean into wall, bracing yourself with your arms. Place one leg forward with your knee bent (this leg will not bear any weight). Keep your other leg back, with your knee straight and your heel down. Keeping your back straight, move your hip toward the wall until you feel a stretch. Hold 30 seconds. Relax. Repeat with other leg.

**Achilles Stretch:** From the calf stretch position, bend your back knee so the angle is changed to stretch the achilles tendon. Keep your heel down. Hold for 15 to 30 seconds, then switch legs.

**Leg Extensions:** Facing a support, hold on with both hands. Bending at the knee, bring one leg forward, then extend and swing that leg back and behind. Repeat 10 to 15 times, then switch legs. Be cautious of hyper-extending your lower back.

**Cross-Over Leg Swings:** Holding onto a support with both hands, face forward. Swing one leg in front of your body, gradually swinging higher. Swing about 10 to 15 times with each leg.

Dr. Boyle and Dr. Graham are accepting new patients. If you suffer from foot pain, please call our office to schedule an appointment.