



# STAYWELL

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## Athletic Trainer Corner

### It's the shoes

Aches and pains in the back, knees, hips, legs and shins can all be impacted by the shoes/boots you wear. When I worked in a clinic years ago, my boss came to me and wanted me to assess a USA Olympic trial hopeful. The athlete started to have a problem with his ankles a few months before the US Olympic 100 meter sprint trials. He had switched shoe sponsors a few weeks before the onset of pain. In evaluating the athlete's gait, foot type, and shoe type, it was clear that the shoes he was wearing were the complete opposite of what he needed. This individual needed a curved, flexible shoe and he was wearing a straight motion control type shoe. With his high level of training, changing the motion of the foot caused severe damage and he was not able to compete. Many times it is hard to find the trigger for what causes problems in the kinetic chain, especially if the pain is not in the feet. I frequently see people that have foot/leg problems because of the shoes that are worn, or the individual has purchased a new pair of boots that are a different shape or has altered flexibility. The key is this, if you buy a pair of shoes and within a short period of time you start having aches and pains, have the shoes evaluated to see if they match your foot type. If you have had a pair of shoes for a long period of time and start to have aches and pains it may be the shoes.

If you ever have questions about your foot type or shoes please feel free to contact Brian.



## Year End Wrap

The following is a recap of some highlights that has been covered in the Staywell newsletter throughout the year 2023.

- Immediate treatment of injuries not only helps restore function, but also prevents secondary problems. When swelling takes place it reduces blood flow. Reduced blood flow limits oxygen to the tissue and leads to secondary tissue death. Immediate treatment reduces swelling, improves blood flow, helps tissue stay aligned and heal faster. Immediate treatment also reduces pain, improves function, stop spasms, overall improvement, and leads to an early recovery.
- Lifestyle choices can play a major role in the ability to go to sleep and the quality of sleep. Nutrition, medications, stress, taking a nap, lack of exercise, exercising before bed time, caffeinated drinks around bed time, and screen time, can all have a negative impact with the ability to fall asleep and stay asleep.
- Flexibility plays a role in injury prevention and injury recovery time. Being more flexible takes the stress and load off of joints. People who have better flexibility often recover faster. Flexibility can be maintained and improved into a person's mid-90s.
- When having an elective surgery, doing exercises to prepare for the surgery can lead to a speedy recovery, decrease post-surgical pain, and improve the long term outcome. Generally, the more fit and active a person is going into a surgical procedure, the more likely he/she will be able to retain a higher level of function after.
- Blood pressure can be impacted by certain foods, the amount of food consumed, improve digestion, brain function, enzymes and hormones. Eating a healthy diet helps the body function properly which helps reduce blood pressure.
- Several research studies have demonstrated the problem with self-diagnosing. One study demonstrated that up to 70 percent of individuals will use the internet to self-diagnose themselves. Studies also showed in some age groups, 70

percent will only use Google as their primary source for health advice. A large percentage of those individuals never go to a doctor for an annual physical. One study conducted by Harvard showed that self-diagnosing internet sites were inaccurate 66 percent of the time. If this is the primary source of health care, we are mistreating conditions almost 70 percent of the time.

- Ergonomics, or proper body positioning, will limit stresses on the body when performing tasks. Laptops, tablets, and cell phones are becoming a dominant aspect of our lives and the poor ergonomic positioning while using them is leading to back, neck, shoulder, and hand problems. Proper posture, while using electronic devices, can save a lifetime of complications later.
- Getting screened and providing early intervention is as important as anything for your health. The sooner intervention begins the better the outcome. Getting screened plays an important role in this. This is why IPSC offers the annual health fair. Have you taken your results from the Health Fair to your doctor and had your free annual checkup?
- Age is considered the most important risk factor for cancer overall, with over 60 percent of cases occurring in those who are over the age of 65. Is cancer preventable? Many cancers are directly related to choices individuals make, and a person's lifestyle plays a role in lowering the risk. Those choices include obesity, nutrition, physical activity, and using proper PPE when working around chemicals.
- Research has demonstrated that energy drinks have a significant impact on health and wellness. According to research, individuals who consume energy drinks have greater incidences of the following: Sleep issues, levels of severe stress, struggles with a depressive mood, suicidal thoughts, possibilities of making suicide plans and attempting suicide more often. Junk food consumption, along with energy drink use, tends to enhance these issues.

### Quarterly Wellness Initiatives

All Initiatives and challenges are open to employees and spouses. Forms are located at [www.ipsc.com](http://www.ipsc.com) or outside Brian's office.

Current programs are also accessible by using the **QR code**.

- Colorfest Nutrition Initiative – consume a variety of fruits and vegetables to improve available vitamins and minerals for better mental and physical health.
- Keep Moving – get 1000 minutes of physical activity. Bonus gift card if 500 minutes are on IPSC approved exercise equipment.
- Pay it Forward Challenge – Do something significantly nice for someone else.
- No Holiday Weight Gain – Weigh in after New Year's Day, and the first 2 weeks of January. Report how you did during the holidays.



### On Going-Repeatable Each Quarter:

Shoulder Protection Initiative – Radon Test – Diabetes Prevention and BP/Cholesterol Improvement Initiative – 4 Qtr. Prove IT Fitness Challenge-

