

STAYWELL

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Athletic Trainer Corner

Shoes and Fatigue

The shoes we wear can increase or decrease fatigue in our feet, legs, hips, and lower back.

Two common misconceptions I see as an Athletic Trainer are:

1. When I have fatigue, I need more cushion.
2. When my feet hurt, I need an arch support.

The key to avoid these mistakes is to understand our foot type. Someone who is flat footed and adds more cushion to his/her shoes, can actually cause more fatigue. A flat footed person has a foot that drops into pronation, the big toe side, too fast or too far. If an individual places more cushion to his/her shoes they can drop into pronation faster, or further into the cushion of the shoe. This will cause the muscle to work harder to slow down and stop the drop into pronation. It can also change the alignment of the ankle, knees, hips and spine, which can lead to more problems. Flat footed individuals generally need an arch support.

Adding an arch support when not appropriate can also cause pain, discomfort and fatigue. Someone with a high arch is not used to weight bearing on the arch of the foot. The foot tips to the outside, the little toe side, too much. Adding a support in the shoe will tip the foot out more, leading to problems in all the joints along the chain. High arched individuals generally need more cushion.

While there can be exceptions to each of these situations, just blindly adding cushion or arch support can make a situation worse, or even create a new problem.

If you are needing help with your shoe selection or with your feet. Come in now. When your feet have to wait too long, it can lead to long term problems and many years of pain.



How We Mislead Our Doctor

Do you mislead your physician? Do you research your condition and assume you know what the diagnosis is before you see your physician? Do you lead the doctor towards your self-diagnosis?

Whether intentional or not, misleading a physician can lead to improper treatment or misdiagnosis. Health care diagnosing and problem solving, follows specific directional questions much like a tree branch system. Each response to a question takes a physician down a certain path or direction to help solve the problem and determine the best course of action. When a patient is not accurate in his/her answers and misleads a physician in a specific direction, this may lead the physician down the wrong path for treatment. Why would someone intentionally mislead their physician?

Internet Self-Diagnosing: This has been a common problem. I recently saw this when an individual researched what he/she had self-diagnosed, and then self-referred himself/herself to a specialty hospital. The individual had to wait nine months to get in. This individual did not heed the advice of the current treating physician, and waited for the specialist for their own self-diagnosis. When this individual finally went to the appointment, the condition he/she self-diagnosed was wrong. The physician only treated certain illnesses and was not able to help this individual. All that time was wasted.

Overemphasizing certain symptoms may lead the medical provider in the wrong direction with treatment.

During an office visit, make sure all information and symptoms are discussed with the physician. This will help the physician diagnose the problem correctly, and the patient will receive proper treatment.



Sometimes people do not want to know the problem. I hear this a lot, "if I don't know, then I will not have to deal with it".

Embarrassment: Many do not want their physician to think that they are irresponsible or don't make good health decisions, so they paint themselves in the best possible light, even if it may not be true.

Don't trust your doctor? Yes, some do not trust their doctor. Certain individuals may be vague with symptoms and information because they do not think the doctor will be able to help them.

Doctor and patient relationships are important to receive proper care. Misleading information, by either party, can lead to poor outcomes and frustration. If you do not trust your health care provider, it is ok to seek another. Never assume you know your condition. It is ok to ask about conditions or concerns, but allow your physician to ask questions and do a thorough diagnostic tree.



Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6342698/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2736034/>

Quarterly Wellness Initiatives:

All Initiatives and challenges are open to employees and spouses. Forms are located at www.ipsc.com. Forms are also located outside of Brian's office, or click on this QR code to access current programs.

- **Outage Recovery** – Do relaxing things and receive a gift card.
- **Keep Coming** – receive a gift card for each month you use the IPSC Staywell Center or outlying area exercise equipment. You must sign in.
- **Eat to Feel Better** – Improve nutrition to feel better mentally and physically.



On Going - Continuing Initiatives

- ✓ **Spouse Staywell Letter Incentive**— Sign your spouse up to receive the Staywell Newsletter and receive a gift card.
- ✓ **Radon Testing**
- ✓ **Diabetes Prevention & BP/Cholesterol Improvement Initiative**
- ✓ **Prove IT Fitness Challenge**
- ✓ **Weight Loss Challenge and Maintenance Program**