



# Hop Out of Bed without Hurting

## About the Doctor

### Part 3: Dr. Marilyn Boyuka

Going from the very small college town of Geneseo, NY to the downtown campus of Temple University School of Podiatric Medicine in Philadelphia, PA was a big change for our doctor-to-be. Concrete and busy streets took the place of cow fields and beautiful sunsets. ....But with time, Dr Boyuka grew to love her time in Philadelphia.

School courses such as Lower Extremity Anatomy, Physiology, Pathology, Biochemistry and Biomechanics, to name just a few, took most of her time. But she still had time to make life-long friends, who she enjoyed exploring the city with and its various "drinking hole" establishments...many a memorable night after an exam was enjoyed!

Dr Boyuka also spent time exploring her original interest of sports medicine, and had the opportunity to work as part of the medical staff for The Boston Marathon, The Marine Corp Marathon in D.C., and several local races in Philadelphia. Helping athletes in a real world setting was very rewarding, and continued to reinforce to Dr Boyuka she was pursuing the right career path.

After three years of classes and clinical rotations, the fourth year involved month long external rotations to residency programs across the country. This experience was a first hand insight into what residency training would be like. Then, it was Graduation day....May of 2001...and on to three years of life as a resident doctor.

Okay, you've hit the snooze three times now and you've got to get up, but when your feet hit the floor—Yow! Suddenly you're seeing stars even though the sun is out. Heel pain in the morning is a sure sign of plantar fasciitis, an overuse injury to the ligament that spans the bottom of your foot from your toes to your heel. Repetitive stress causes small tears in this band of tissues which leads to pain and inflammation.

At rest, the injured ligament tightens, so after sitting for a long period of time, or sleeping all night long for instance, that first step is a doozy! The tight tissues pull on the heel bone causing a sharp, stabbing pain. So what can you do about it besides never getting out of bed? Well, this is your wakeup call—when the alarm goes off, that's your cue to start stretching. Bend forward and grab your toes then gently pull them toward you. Use a pillow case to wrap around the arch of your foot, pulling the ends until you feel a stretch. Massaging the arch can help too.

Once you're able to hop out of bed without hurting, try calf stretches against the wall, or stand on a step with your heels hanging over the edge, then press them down. You can even freeze a water bottle and roll your foot over it for a bonus massage while you ice.

Of course, the best course of action is rest. Allow your foot the time it needs to heal, and the next time your alarm goes off, you'll be having a good morning, instead of a painful one.



# What Does Your Footprint Say About You?

Now's the time of year for barefoot walks on the beach, but before that wave washes away your footprint, stop and take a good long look. It can give you a clue about what type of arch you have. If the tide is quicker than your eye, not to worry. There's another way to go about it—an easy trick called the wet test.

Here's what you do to see what your footprint says about you:

Pour some water in a pan or bucket, dip your foot in and quickly step on a dark sheet of paper, or the driveway if you're outside. Step off and observe. How much of an outline do you see? If about half of your arch is present, congratulations—you have the most common foot type! If your entire foot shows, well then it's safe to say you have very low arches, otherwise known as flat feet. If only your toes, heel and outside of your foot are showing, high arches it is! So what good is this information?

Well, knowing your arch type can go a long way toward choosing the right shoes. It can also give you a sneak peek at possible conditions you may be prone to, so you can take preventative measures, like investing in orthotics for instance. Besides, taking the wet test is a great excuse to cool off on a hot, summer day.

So go ahead—get your feet wet! See what your footprint tells you. Of course, if you have questions, you'll get more answers out of us.

## Mark Your Calendars

- July 1** Canada Day—eh?
- July 4** Independence Day—break out your red, white, and blue!
- July 15** Cow Appreciation Day—give a cow a hug!
- July 19** National Ice Cream Day—a perfect excuse to treat yourself.
- July 22** Hammock Day—take a load off!
- July 30** Father-in-Law Day—get him a hammock, an ice cream, or a cow!



# Leave Nap Time Behind with Natural Energy Boosters

In the late afternoon, do you ever find yourself day-dreaming about the good old days in kindergarten when nap time was on the agenda? Let's face it, busy days and sleepless nights can catch up to you, but when you hit that wall, instead of pouring yet another cup of coffee or grabbing a chocolate bar, consider these natural ways to boost your energy and get through your day:

Stretch and move around. Taking a brief walk or simply getting some fresh air can give you a second wind. Inhale deeply through your nose then exhale through your mouth. If it's sunny out, all the better! Sunshine can lift your spirits and your energy level. Other things to try include sipping green tea or simply getting a drink of water, since dehydration is a major culprit of making you drowsy. Also, stop staring! Believe it or not, blinking a bunch can help to rejuvenate your brain. Remember that eating high-sugar foods will make your fatigue worse in the long run. Instead, eat an apple—it's chock-full of Vitamin C and complex carbohydrates. Finally, be sure to consume a well-balanced, healthy lunch to avoid the dreaded "food coma" that can hit you like a ton of bricks. Give these natural pick-me-ups a try, because we hate to break it to you... nap time no longer exists!

For more helpful tips, just ask our expert staff.



## Healthy Summer Snack Ideas

Summertime is here, which makes healthy snacking a whole lot easier! Fresh veggies and fruits can be found in your garden, at farmer's markets, and grocery stores everywhere. Here are some delicious and healthy suggestions:

Break out the peanut butter! Spread some on celery, apples, or bananas, and even sprinkle with granola or raisins if you like.

Have fun with fruit. Make a kabob, whip up a smoothie, throw it on the grill, or freeze it on a stick.

Mix it up! Combine dried fruit, nuts, whole grain cereal—whatever sounds good—for a homemade trail mix.

Pile on the layers. Parfaits are perfect for a summertime treat. Simply layer yogurt, fruit, and granola and enjoy!

Take a dip. Not in a pool, in a bowl! Dip veggies—fresh or baked—in hummus or yogurt with herbs. Dunk some homemade, baked tortillas in fresh salsa.

Toss in a salad. Experiment with different combinations, whether it's fruit, or veggies, or both.

Yum!



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# Water Exercises You Can Dive Into

There's nothing like taking a swim to cool off during a hot summer day. Even better—while you're getting refreshed, you can get in a workout too! Make a splash with these easy water exercises you can do in the lake or pool:

Hugging a beach ball, float on your back with legs extended and feet together, then roll to one side and keep on going until you make a complete revolution—spinning like an otter—then do the same thing in the other direction. Next, float facing down with arms stretched in front of you holding the beach ball. Keeping arms straight, pull the ball beneath you and repeat. Now throw the beach ball to a friend and start treading water. Alternate lifting legs with knees straight, then lift both legs together. After a while, grab hold of the side of the pool or a boogie board and kick like crazy, only do it like a dolphin—with your knees and feet together and legs extended. You can also do underwater jumping jacks, karate punches and kicks, or lift your knees to march. The water's continuous resistance forces muscles to work even harder, so by the time you're done cooling off you'll have worked off a bunch of calories too!

Hey, if you're going to get wet, you may as well make it worth it, right? For more slimming summer tips, just ask our experts.

