



Ouch!!! Morning Heel Pain

At my clinic, we hear this symptom frequently...

“Why do I have heel pain in the morning, but it goes away or gets less painful throughout the day?”



The most common cause of this condition is due to a condition called **Plantar Fasciitis**. Plantar fasciitis is often referred to as heel pain.

Heel pain results when the main supporting ligament in the foot, that runs from the heel to the toes, becomes inflamed and tight. The plantar fascia becomes irritated from the constant pulling when you walk. Weight gain, increased activity, poor footwear or a chronic injury like heel spurs can create this condition or make it worse.

Why is it so Painful in the Morning?

The pain is more intense in the morning because your foot has been resting for an extended

period of time and you wake up and put all of your body weight on the foot. Over the night, the muscles, ligaments and tendons in your foot have become tight and rigid. Once you apply pressure by standing up, you are stretching them more than they can handle from being so inflexible.

Usually the pain will subside throughout the day, or become less painful. There are different treatment options that can help relieve pain from this problem.

Treatment for Morning Foot Pain:

1. **Proper Footwear** to support your feet and provide shock absorption.
2. **Foot Orthotics** help to support your feet and can prevent you from over stretching your feet.
3. **Heel Stretches** this will help to keep your Plantar Fascia flexible.
4. **Cortisone Injections** will help to reduce the inflammation and allowing ligament to heal.

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Connect With Us on the Web!

Markham Terry Fox Run

In 1980, Terry Fox embarked on his cross-Canada run called the *Marathon of Hope* to raise money for cancer research after having lost his right leg to cancer. Terry had hoped to raise one dollar for each of Canada's 24 million people. He began in St. John's, Newfoundland in April and ran the equivalent of a marathon every day. He was forced to end his run near Thunder Bay, Ontario as his cancer had spread to his lungs.

Only nine months later he died — his battle with cancer ended. Yet his legacy lives on as many communities, including Markham, hold annual Terry Fox runs to raise money for cancer research.

The opening ceremony for the Terry Fox Run in Markham will begin on Sunday, September 16 at 8:40 a.m. The run, scheduled from 9:00

Markham Terry Fox Run

Sunday, September 16
9:00 am — 11:30 am

Opening Ceremonies at 8:40 am

to 11:30 a.m., will start at the Old Unionville Library Community Centre (15 Library Lane) and continue with a 5K loop (or twice for 10K) through the Unionville Pond pathways.

T-shirts will be available for sale or can be purchased online.

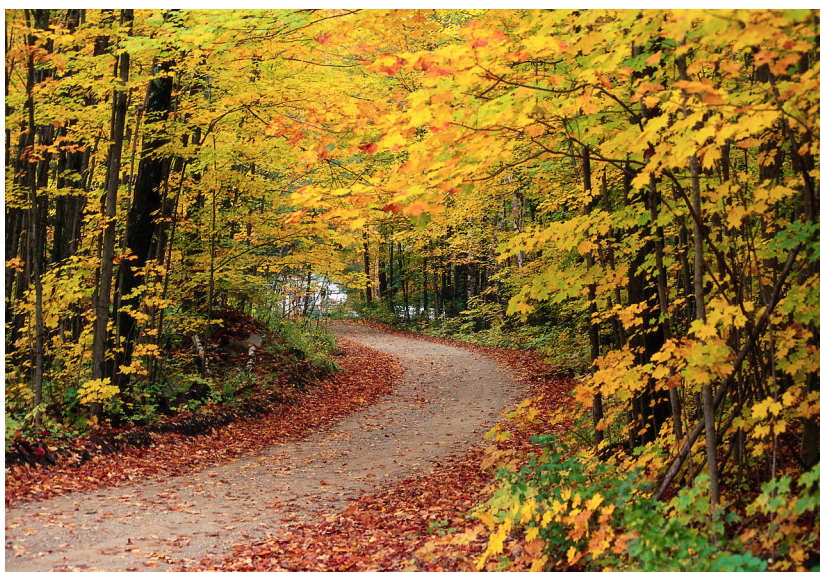
[Click here](#) to register or to make pledges and donations. Information about the Markham run can be found on their [Facebook](#) page.

Take a Nature Walk

Whether you are feeling depressed or actually have clinical depression, nature walks or a walk in the park can help.

A study published in the *Journal of Affective Disorders* found that walking in a wooded area boosted performance on memory and attention tests by an average of 20 percent. The cognitive improvements were much better when compared to results from those who took walks in busy, city environments.

The reason for the improvement was not entirely clear, though it suggests that a walk in a peaceful setting allows the brain to restore and refresh its capabilities by eliminating external distractions that can tax memory and attention. Taking a hike in the cooler fall air can be very invigorating both mentally and physically. We have lots of great hiking trails in the Markham area. Check out the [Milne Dam Conservation Park Trail](#) (2.3 km).



Ask Brian — Question of the Month

I recently purchased a new pair of shoes and have developed blisters at the backs of my heels. What should I do?

Generally blisters at the backs of the heels are caused by tight shoes so the first thing you need to do is stop wearing the shoes that caused the problem. When you purchase new shoes you should break them in gradually so as to prevent blisters.



I recommend that you do not break the blister, but rather leave it be. If the blister does break on its own a topical antibiotic cream such as **Polysporin** should be applied with a loose dressing to prevent infection. Most drug stores carry blister kits

such as **Spenco Second Skin** that contain everything needed to treat a blister. Many running stores like the **Running Room** carry double layer socks that reduce the friction on the foot which can lead to blistering of the skin.

Blisters will heal in a week or so and the skin will toughen in the area and the pain will disappear.

How Smart is Your Right Foot?

This is so frustrating! Give it a go This is so funny/weird that it will boggle your mind. And if you are anywhere near as stubborn as I am, you will keep trying at least a few more times to see if you can outsmart your foot, but you can't.



1. While sitting at your desk, lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number '6' in the air with your right hand.
3. Your foot will change direction. I told you so. And, there's nothing you can do about it!
4. Go ahead: KEEP TRYING ALL YOU WANT.

Usually, our noses smell and use our feet to run. **But**, if you turn it around, it still makes sense: Noses run and feet smell.



When Should You Call A Chiropodist?

- If you are experiencing pain in your foot or ankle that won't go away.
- If you have heel pain that is limiting you or making your daily activities difficult.
- If you have thick, yellow toenails that are hard to cut.
- If you are diabetic and have poor circulation or limited feeling in your feet.
- If the skin on your feet is severely dry, peeling, or cracking.
- If you are developing corns, callouses, or blisters.
- If you want to avoid painful bunions or hammertoes like your grandmother.
- If you need help finding proper-fitting shoes.



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Take a walk
and enjoy the
beautiful autumn colours!

1st Day of Autumn
Saturday, September 22



There is a lot you can do to increase the number of calories you burn during the day.

Leaving for work on an empty stomach puts your metabolism on hold by sending it the message to save energy in case another meal doesn't arrive.



photo credit: PetitPlat - Stephanie Kilgast via photo pin



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Breakfast signals the metabolism to burn calories and produce energy, which is what you need in the morning.

**Breakfast Gets Your
Metabolism Going**