

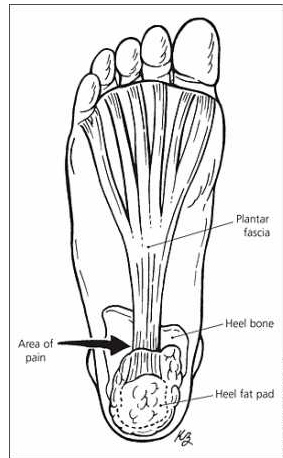


The M&M Motion Minute

Heel Pain

There are many potential causes for heel pain: stress fracture, arthritis, tendonitis, nerve compression, sprains, strains, and the list could continue. However, far and away, the most common cause of heel pain is plantar fasciitis. The plantar fascia is a band of tissue that extends from the heel bone (calcaneus) to the toes, spanning the arch. Plantar fasciitis is an inflammation of this tissue.

This irritation can have several different causes, but it all boils down to too much strain, or continual pulling by the fascia on its attach-



ment to the heel bone. If left untreated, a painful heel spur can develop.

Plantar fasciitis is characterized by pain over the bottom of your heel and sometimes towards the inside of the heel when standing. It usually comes on gradually and worsens over a period of weeks to months. People with plantar fasciitis will generally have more severe pain during

(cont'd on page 4)

Summertime Skin Care

Being physical therapists, we happen to see a lot of skin. We do our best to look our patients over for potential problems, but we can't find it all. It's important that you understand the cause of skin cancer, steps you can take to prevent it, and how to recognize it on yourself. You

have surely heard it all before, but it is important to periodically remind yourself of these facts and look yourself over.

The sun's rays which are called ultraviolet A and ultraviolet B damage your skin. This leads to wrinkles, skin cancer and other skin problems.

Being in the sun often over time, even if you don't burn, can lead to skin cancer. Most skin cancers occur on parts of the body that are repeatedly exposed to the sun. These areas include the head, neck, face, tips of the ears, hands, forearms, shoulders, back,

(cont'd on page 3)

Inside this issue:

Home Fitness Equipment?	2
Hamstring stretch	3
ABCDE's of Skin Cancer	3
Walk with M & M and your Alderman	4

M&M PT Can Help With:

- Fibromyalgia
- TMJD (tempromandibular joint disease)
- Headaches/whiplash/cervical pain
- Rotator cuff and shoulder injuries
- Golf/tennis elbow, carpal tunnel
- Low back pain, sciatica, sacroiliac pain, hip pain
- Knee/ankle injuries and disorders
- And More

Home Fitness Equipment

To buy.... Or not to buy?

We are often asked the question "what is the best piece of home exercise equipment to buy?" This can be a very difficult question to answer. My response is to usually suggest a gym membership first. There are many fitness clubs in our area, ranging from \$15 per month all the way up to \$50 or more per month. While there are advantages to buying home equipment, say a treadmill for \$800, that money could buy a lot more. You could join a gym for less and have access to commercial quality treadmills, elliptical trainers, recumbent bikes,

The key to success in a home exercise program is more related to longevity than the type of exercise you are doing.

strength equipment, swimming pool, etc. It will give you a chance to try all the equipment and find out what type of exercise you enjoy the most. Exercising around other people can be very motivating. You can get ideas by watching others in the gym (not always a good idea!) In addition, most gyms have classes you can take part in. Classes are a great way to improve motivation and keep a regular exercise schedule. How many people do you know that have a treadmill in the basement that collects dust? There are just too many things to

distract you and too many excuses to not exercise readily available at home. So my advice is to join a gym for at least a few months to find out what type of equipment you like the best. You will find a big difference in the quality of commercial equipment compared to home equipment. Being a member of a club will allow you to determine exactly what you are looking for if you do decide to shop for home equipment. Most importantly, a gym provides variety. Now matter how much you enjoy one type of equipment, sooner or later it will become stale or boring.

The key to success in a home exercise program is more related to longevity than the type of exercise you are doing. Exercise has to be a long term commitment if you want it to work. My advice is to choose exercise equipment that you know you can stick with over the long haul. If you feel that you have the will power to maintain a regular exercise schedule at home, then start by going to one of the stores in the area that specialize in fitness equipment only. They have a much bigger selection than a department or a sporting goods store. You can try things out and ask questions. Then you can go to the local department store to see how less expensive items compare.

If you have knee pain, avoid treadmills and think about bikes or elliptical type trainers. If you have back pain, a recumbent bike might be a good choice. If you are into strength training consider a set of dumbbells and an adjustable bench rather than one of the home strength systems – it's cheaper and provides more variety. The bottom line is that everyone and every joint problem is different, that's why I recommend you try a fitness center first, so you can try things out to see how your



body tolerates different types of exercises.

M & M offers our patients the ability to go to a local fitness center with a physical therapist to learn how to utilize different types of exercise equipment to carry on their therapy program. This also gives you a chance to get started on a life-long fitness program with the help of a professional. Feel free to call us if you have more specific questions.

(cont'd from page 1)

chest of men, and the back and lower legs of women. Here are number of things may put you at higher risk of having skin cancer some day:

- Having fair skin, red or blonde hair.
- Having light-colored eyes.
- Sun burn easily.
- Having many moles, freckles or birth-marks.
- Working and playing outside.
- Being in the sun a lot as a child.
- Having had serious sunburn.
- Having family members with skin cancer.
- Tanning in the sun or with a sunlamp.

As summer approaches many of us will begin to head outdoors to enjoy the nice weather. Here are some tips to help prevent damaging your skin.

- Avoid the sun, especially from 11a.m. to 3p.m.
- Don't use tanning booths or sunlamps.
- Wear protective clothing and hats.
- Check your skin yourself every month for signs of skin cancer.
- Use sunscreens with a SPF of 15 or more, reapply if you're sweating or swimming.
- If you see an area on your skin that looks unusual, ask your family doctor about it.

Hamstring Stretching: Everyone can benefit

The hamstrings are basically four muscles that connect the back of your lower leg bones (Tibia and Fibula) to the pelvis. They act to extend the hip and flex the knee. Stretching of the hamstrings is very beneficial in that flexible hips lead to a considerable decrease in strain on the low back over your lifetime. The hamstring stretch is a basic stretch we have all done before. However, I often see it being done too forcefully or incorrectly. The biggest mistake is to overly flex your spine while stretching the hamstrings. For example, when you stand with your knees straight and attempt to touch your toes. Sure, you stretch your hamstrings, but you also over-flex your spine. This is ok for some, but unsafe for many. Its much safer to keep your spine relatively straight and only flex the hip and extend the knee. Below are three examples of safe, effective hamstring stretches. Hold the stretch in a position that is uncomfortable, but not painful. Strive for 30-60 seconds of total stretch time. Do not bounce.



Signs of skin cancer ABCDE rule (from familydoctor.org)

A – for asymmetry: A mole that, when divided in half, doesn't look the same on both sides.

B – for border: A mole with edges that are blurry or jagged.

C – for color: Changes in the color of a mole, including darkening, spread of color, loss of color, or the appearance of multiple colors such as blue, red, white, pink, purple, or gray.

D – for diameter: A mole larger than ¼ inch in diameter.

E – for elevation: A mole that is raised above the skin and has an uneven surface

M & M Physical Therapy

1333 E. College Ave
South Milwaukee, WI 53172

Phone: (414) 571-9146

Fax: (414) 571-9147

Email:

mmpt1333@sbcglobal.net



Healthcare With A Personal
Touch

PRSR STD
AUTO
U.S. POSTAGE PAID
SO. MILW., WI
PERMIT NO. 2

(from page 1)

the first few steps out of bed in the morning or after sitting for a period of time.

People with excessively high arches or flat feet are more prone to develop plantar fasciitis, but anyone can get it. Anyone who wears non-supportive shoes for extended periods (some work boots, for example) is at risk for plantar fasciitis. We have seen cases of plantar fasciitis ranging from high-school aged runners to 60 year old truck drivers. It can happen to anyone.

The good news is that it is very treatable. Often times, just a change of shoes and some simple stretches is all that is needed. If the pain continues, physical therapists can instruct you in specific gait re-education and arch stabilization exercises. We utilize manual therapy techniques to stretch the plantar fascia and improve mobility of the foot and ankle. Ultrasound is sometimes used to stimulate tissue repair as well. For the most severe cases, when conservative care like

physical therapy isn't enough, there are more advanced options like custom made insoles, night-time splints and even surgery.

It is important not to let the pain become too severe. If you ignore the pain and continue to strain the plantar fascia, painful heel spurs develop, making the treatment much more difficult. If you notice heel pain in the morning or after work, give us a call. We can take a look at your feet, and in most cases make a quick determination of what steps are needed to prevent the problem from worsening. If you attack the problem early on, it is generally very easy to resolve.

WALK

With M&M Physical Therapy, Alderman Pieper and Alderman Shelenske.

Join us in a walk Every Monday night starting June 2nd. It's a great chance to get some exercise and have a chat with two of South Milwaukee's Aldermen. We will meet in front of the S.M. City Hall at 6:30 PM. Everyone is invited. You can even bring your dog!