



2019: Where Health Happens

Summer: It can be a Pain in the Foot By Dr. Erin Hovey

Most people, especially we Minnesotans, tend to be more active in the summer. We soak up every last drop of sunshine by spending it outdoors walking, running, hiking, and many other physical activities. With an increase in activity comes an increase of stress and strain on the body, especially the feet. Another stressor to the feet in the summer is a change in footwear. People tend to spend less time in proper and supportive footwear and more time wearing slides, flip-flops, crocs, sandals, and flats.

One of the most common conditions we see in the summer due to this added stress and strain on the feet is a condition of the plantar fascia called plantar fasciitis. The plantar fascia is a band of fibrous connective tissue that spans the bottom of the foot from the heel to the bottom of the toes. The function of the plantar fascia is to support and stabilize the arch of the foot. In addition, it helps absorb some of the shock the foot experiences when it hits the ground while walking or running. When the plantar fascia becomes strained, the tissue becomes inflamed and irritated which results in plantar fasciitis. As the plantar fascia tightens it begins to pull on and irritate the bone of the heel; this is where the sharp pain in the heel comes from. Symptoms are often worse with weightbearing activities such as standing, walking, or running. Swelling and stiffness of the foot, especially in the morning, can also occur with plantar fasciitis.

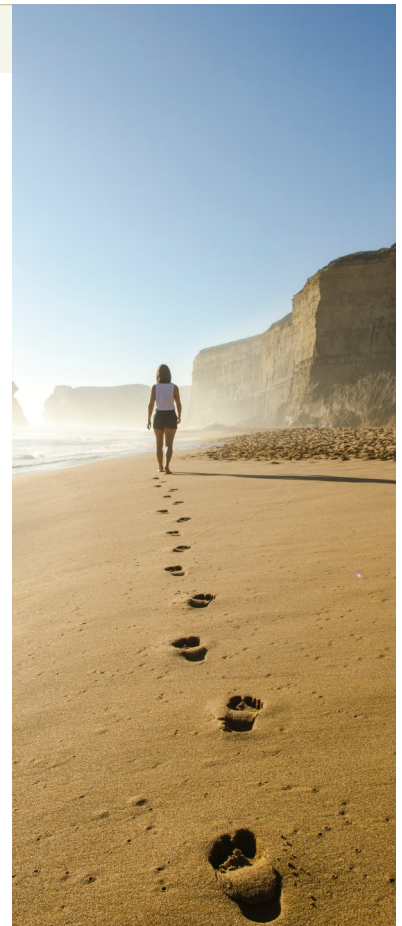
There are a variety of factors that can contribute to the development of plantar fasciitis. These include:

- Excessive training
- Weight gain
- Prolonged standing
- Tight calf and Achilles tendon
- Improper footwear
- Pronation of the foot
- Too flat of feet or too high of arch

The key to successful treatment of plantar fasciitis is to identify the cause or causes of development. Once the cause is identified the following treatment options can be utilized:

- Stretching and strengthening appropriate musculature
- Adjustments of restricted joints in the lower extremity, even into hips and low back
- Orthotics
- Proper and supportive footwear
- Ultrasound and acupuncture
- Graston/Myofascial release/other soft tissue mobilization techniques
- Splinting the foot at night
- Kinesiology taping of the arch

Here at Minser Chiropractic we have all the tools necessary to treat your summer pain in the foot. Whether it be adjustments, ultrasound, or a little bit of rehab, your doctor will be able to identify the cause and treat you appropriately! Give us a call to get rid of your pain in the foot today!



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Services Offered:

- Chiropractic Care for the entire family
- Massage Therapy
- Acupuncture
- Nutritional Consults/Evaluations
- Exercise instruction/rehabilitation services
- Complete radiology services
- Bone Density Testing
- DOT physicals/drug screening services
- Cholesterol Testing
- Functional Health Testing
- Physiotherapy services
- Sports Physicals

SUPPLEMENT OF THE MONTH: EPA-DHA

- * Support optimal cardiovascular function
 - *Has an anti-inflammatory effect upon the body
 - *Reduces triglyceride levels in the blood
- * Supports healthy mood, overall brain and nervous system function
- * Supports optimal bone, skin, and retinal/eye health

For more information about this supplement,
ask Dr. Minser, Dr. Fimrite, Dr. Leither, or Dr. Hovey

FEATURED ESSENTIAL OIL – MANDARIN RED

- One of the safest essential oils and is particularly recommended for children
- Helps to reduce stretch marks when massaged daily into the abdomen (not used in the first 4 months of pregnancy)
- Perfect oil to brighten your day on a cloudy day
- It's strengthening and has a slight hypnotic quality, helping people switch off an overactive mind and promote restful sleep

If you have any questions about essential oils, please see any of our certified massage therapists.

SAVE THE DATE: 2ND ANNUAL TOUCH THE TRUCK

Save the date for our 2nd Annual Fundraising Event: Touch The Truck!

Date: Friday, September 6th, 2019

Time: 4:00-8:00pm

Location: The MAC Center

Proceeds this year are going to the St. Cloud Area FACT (Feeding Area Children Together)

Keep an eye out for more information on our Facebook page about this fun, family event!

HOW TO KEEP YOUR FEET HEALTHY AND HAPPY THIS SUMMER

Time to put away the winter boots and coats, the summer season is here! With the warmer weather coming up, we get to say goodbye to all of the gear and cold that winter entails! However, we also get to say hello to the precautions that should be taken to make sure that we maintain good foot health throughout these months! Provide your body with a healthy base by following these simple tricks and see how it will reward you this summer!

- Keep up proper foot support – going around barefoot or without shoes that support your feet and contribute to proper gait can be a source of starting pain! Do your best to avoid making a habit of walking around without shoes that offer you proper support, and if you really want your body to thank you later, pick up a pair of orthotic sandals at a comparable cost to other shoes!
- Air out sweaty shoes – so you have a pair of shoes that offer you good support, but they're closed toed and make your feet hot and sweaty during those warm days. To avoid irritation or fungus that can occur in warm, damp shoes, make sure you air out and dry your shoes completely before wearing them again. Also, fresh socks are a must!
- Drink plenty of water – staying hydrated during the summer is crucial, especially since people are often spending more time up and being active outside! Drinking water helps to achieve optimal circulation to your feet which can help to reduce swelling and discomfort!
- Take care of problem areas – don't ignore any suspicious bumps that show up, especially if you have recently been barefoot in a public space where warts spread more easily.
- Be shoe smart – wear shoes that fit, and break in new shoes slowly to avoid blisters.

Go to www.minserchiropractic.com or stcloudfact.org to donate for Feeding Area Children Together for Dancing with the Stars. Choose Dr Minser and Dan Triplett as the Dancers. Thank you for helping us help children who have no food .

HAPPY FATHER'S DAY!

Make your Father's Day the best one yet!

Treat your dad to one of our Father's Day massage packages!!

- ◆ You Rock Dad!: A relaxing 30 minute massage with an added essential oil and a \$10 off coupon for a future massage. \$43 plus tax (\$58 value)
- ◆ I Love You Dad!: A rejuvenating 60 minute massage with an added essential oil and a \$10 off coupon for a future massage. \$70 plus tax (\$85 value)
- ◆ You're the Best Dad Ever!: A calming 90 minute massage with an added essential oil and a \$10 off coupon for a future massage. \$103 plus tax (\$118 value)

Minser Chiropractic Clinic is unique because the clinic caters to women's and children's health issues. The clinic incorporates a family practice that treats men and women of all ages and works closely with other medical professions. The clinic offers quality healthcare in an atmosphere where our focus is finding the cause of your health problem.

The goal of chiropractic care is to correct any spinal or skeletal misalignments, called subluxations, in the body. When a vertebra or joint becomes misaligned or its function/motion are altered, it may cause irritation to the muscles, nerves or organ systems involved.

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Minser Chiropractic Clinic

WANT TO LOSE THOSE EXTRA POUNDS?

Then you're looking for the Rapid Weight Loss Program!
Nutritional Protocols for Metabolism Support

Trim Kit Phase I

This 28-40 day program assists your body to burn fat as its primary source for metabolism and fat loss, glandular support, and detoxification support.

Trim Kit Reset Phase II

This 30 day program is critical to rest the body's new higher metabolic rate and solidify the new low-

er percent of body fat.

Real success is achieved when your new body weight becomes established to the point that your desired food intake is reflective of the needs of you new body.

You are no longer eating large quantities of calories your body previously needed to sustain the excess fat that you slowly added on over the years.

EVERYBODY DESERVES A MASSAGE WEEK!

Take advantage of this week to try a specialty massage that you have never tried before!!!

July 15th-20th 2019

Specialty Massages Offered:

- *Hot Stone
- *Cold Stone
- *Bamboo Fusion
- *Ear Candling
- *Therapeutic Cupping
- *Thai Herbal Ball

Massage Therapy Can Help:

- *Relax your body and mind
- *Soothe anxiety and headaches
- *Increase the circulation to your muscles
- *Helps relieve fatigue and increase energy
- *Improve your range of motion

Call the clinic today to schedule your massage with one of our fabulous certified massage therapists! 320-253-5650

Please Help Dr Minser support children who go hungry. Dancing with the Stars is June 17th. Please text DWOS to 85511 and pick her as your dancer or donate at the front desk. Thank you!