



Fractures and Broken Bones

There has been a sudden influx of fractures and stress fractures walking (or hobbling) through our doors here at Gait Way Podiatry so it was only appropriate to discuss the nature of these injuries, how they are best managed and what you can do to minimize your risk of developing a fracture.

A fracture is a break in a bone either partially or completely. When the break goes from one side to the other in the bone, it is a complete fracture but if there is an area of stress through the bone with weakening and microfractures, it is referred to as a stress fracture. Complete fractures are typically from an acute injury to the area like a rolled ankle or from a direct blow to the area. Stress fractures on the other hand occur over a longer period of time when there is excessive stress going through the bone.

Stress fractures are the most common in the feet, particularly through the metatarsals where there are high forces directed through such thin bones. Rather than the typical immobilisation with a cast or boot that is required for a complete fracture, stress fractures may only require activity modification to allow them to heal. Often this would be 6-8 weeks of relative rest followed by a gradual return to sport. If however, pain is particularly high, casting or a boot may be utilised.

Complete fractures, if there hasn't been much displacement of the bone, will often take 4-6 weeks in the boot or cast however if there is osteoporosis or nutritional deficiencies, these may slow the healing and require a longer time of immobilisation. If the bone fragments are poorly aligned surgery is often required to allow the bone to heal correctly.

There are a few things you can do to minimize your risk of a fracture of any kind. Firstly, a gradual increase in exercise allows the body to adjust to the increased demands on it. A good rule of thumb is 10% increase each week. It is also ideal to cross train, vary the areas that are having high loads put through them. And if possible, add a strengthening and weights day into your weekly routine as this is a great way to increase the bone density and muscle bulk supporting the bones. Ensuring you are getting adequate sun exposure for vitamin D and having plenty of calcium rich food in your diet also helps to keep the bones strong. If your levels are particularly low, speak to your GP about additional supplements. But most importantly, listen to your body – ease off if you are feeling sore then slowly work your way back into it.

Fun Foot fact:

Kids are more likely to get greenstick fractures rather than a complete fracture as the bones are softer than adults. Rather than breaking from one side through to the other, the bone will bend and break only on one side, like a green stick would break when you bend it.





Anodyne Shoes

Gait Way Podiatry is now stocking Anodyne Footwear. Living up to the definition of the word Anodyne, these shoes help to relieve or eliminate pain. They are diabetic friendly with a seam free, incredibly soft inner lining and are available in extra depth and extra width with multiple removable innersoles of varied thickness that can be removed or added to alter the depth. They are deceptively light weight and come in an easy selection of casual or dress styles. If you have trouble finding shoes to fit because of excessive swelling, toe deformities or the like, come on in and try these new little beauties today!



Recipe of the month: Banana, date & walnut overnight oats

With about 30% of your RDI of calcium, this delectable bowl of goodness will keep the bones strong!

Ingredients:

- 1 cup rolled oats
- 1 cup milk
- 1 cup Greek style yoghurt
- 2 bananas
- 6 fresh dates, sliced
- 2 tbs toasted walnuts



1. Mash one banana in a bowl and combine with 4 of the sliced dates, oats, milk and yoghurt.
2. Refrigerate overnight or until the oats have absorbed the liquid and become thick.
3. Divide oats into two bowls. Slice remaining banana and scatter over oats with remaining dates and walnuts.