



SHENANDOAH
PODIATRY

If your hurting feet could talk...



About the Doctor

Jennifer Keller, DPM

Tagging along with your mom to a doctor appointment could redirect your career path.

That's exactly what happened to Dr. Jennifer Keller while an undergraduate in biochemistry at Virginia Tech. Her mom's podiatrist served as a mentor helping guide the decision to become a podiatrist. After obtaining her Doctor of Podiatric Medicine degree at NYCPM, Dr. Keller completed a foot and ankle surgical residency at Mercy Medical Center in Baltimore, MD. Away from the office, Dr. Keller enjoys time with her children, horses, dogs and cats. While born a Yankee in NY, she has adapted well to life in Botetourt County.

Get Social w/Us



How to Avoid Holiday Stress (Fractures)!

'Tis the season when many of us seldom get a chance to sit down! After all, there's a whole lot of shopping that has to be done in a short amount of time. However, if you're suddenly running from store-to-store and party-to-party, it might not be happy holidays for your feet! A sudden influx of activity can lead to stress fractures, and that is not so jolly.

These hairline breaks, or cracks, occur from stress placed upon your bones, often as a result of increased and repeated physical activity. The best way to avoid them? Slow down! We know there's a lot of hustle and bustle this time of year, but it's important not to do too much too soon. Before you hit the mall, do some stretches. When you're there, be sure to take frequent breaks—sit down and let your feet and body rest from time-to-time. Also, make sure you wear good, comfortable shoes with plenty of support. You may even want to consider orthotic shoe inserts—ask our helpful staff how these can benefit you.

If you follow these guidelines, you should be able to mark everyone off your list without too much stress—at least the kind placed on your feet! As for wrapping all those gifts? We're afraid we can't help you there (but at least you'll be sitting down for that).

Holiday Stockings: What to Look for in Diabetic Socks



Things have changed a lot since the old days, when one had to walk a mile to school, uphill (both ways), and in a blizzard. If a parent or grandparent with diabetes has endured such treacherous treks, why not show them some love with a gift they probably wish they had back then—diabetic socks. These new-fangled advances in protection are great for keeping diabetic feet both safe and warm. Finding the right pair is important, though, so keep these guidelines in mind—in other words, shop for stockings with care!

- Look for seamless options so there is nothing that rubs and irritates skin.
- Choose a pair made of moisture-wicking, breathable material to keep feet dry and prevent infections.
- Socks should be fitted to prevent loose fabric from rubbing, but be sure they are not so tight that they contribute further to the poor circulation often associated with diabetes.
- Make sure the toes of the socks are square so they don't squish toes together, which can cause discomfort, injury, and infection.
- Finally, a padded pair will provide cushion, comfort, and—most importantly—protection from injury.

Of course it is essential that properly fitted shoes are worn with these socks, so that if your loved one should have to walk a mile, uphill, both ways, in a blizzard, he or she at least has the right footwear for the journey!

Have a safe, warm, and wonderful holiday!

Holiday Safety Tips

The beauty of the holiday season is unquestionable, but safety should be top of mind. No one wants an accident to ruin their holiday cheer, so here are a few guidelines to follow:

- Never use lighted candles near trees or decorations.
- Do not place your tree near the fireplace or heater.
- Keep natural trees watered, and be sure artificial ones are fire resistant.
- Use only indoor lights inside.
- Use no more than three strands of lights per extension cord, and tuck cords away so they are not a tripping hazard.
- Turn off tree lights before leaving or going to bed.
- Many holiday plants are poisonous—keep them away from children and pets.





Unplug: Turning Off Technology and Keeping Kids Active

At the top of the most popular gifts for kids today sits a laundry list of technology. From smart phones to video games to electronic devices of all sizes, shapes, and forms, technology is everywhere and what every kid wants. Gone are the days of unwrapping presents that involve running, jumping, and playing without a control in your hand. The result is that it is harder and harder to keep kids active, but the thing is, their health depends on it! So, this holiday season, be sure to choose some gifts that will get your kids moving, like a sled, skis or a snowboard, a bike, skates, or a cool pair of running shoes—anything that promotes physical activity.

That's not to say you should eliminate everything on their list. You can still get them that video game they really, really want, but just don't let them play it non-stop the entire holiday break! Enforce some unplugged time so kids can get out, get some fresh air, and get their blood flowing, and maybe, if you join them, they can even reconnect with you a bit instead of being connected to a big screen TV. Not only will your kids feel better, so will you.

For more tips on turning off technology, ask our caring staff. We are dedicated to helping you—and your kids—live a healthy and active life.



Smooth Move: Give the Gift of a Homemade Foot Scrub

Some people are just hard to shop for, but we've got just the thing! Here's a simple recipe for a DIY foot scrub, sure to please even Scrooge! Hey, who doesn't love to have silky smooth feet?

How to whip up a batch of Sugar Cookie Foot Scrub:

- Combine 2/3 cup granulated white sugar with 1/3 cup packed brown sugar
- Mix in 1/2 cup of olive oil, and add a tablespoon of vanilla extract
- Mash together with a fork
- Pack the mixture into a mason jar, place a homemade label on it with a bow, and voila!

Who says sugar cookies are just for Santa!

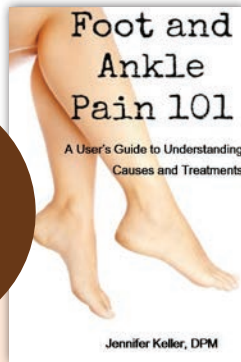


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Foot Pain Making You a Party Pooper? Try a Hefty Serving of R.I.C.E.



Holiday parties are lots of fun, but they can take their toll on your feet, especially if you are recovering from an injury. You don't have to let foot pain make you a party pooper, though. Along with that figgy pudding and fruit cake, serve yourself up some R.I.C.E.! Rest, Ice, Compression, and Elevation is a common treatment regimen that helps promote healing and can get you back on your feet before you can say, "Pass the Yule Log, please!" Here's how it works:

Rest – Reduce the time you spend on your feet, take a load off, and relax.

Ice – Wrap an ice pack in a towel and place it on the injured area for 20 minutes several times a day.

Compression – To keep swelling to a minimum, wrap the injured foot snugly, but not too tight. Sorry, but you'll likely have to opt for some comfortable shoes rather than those holiday heels.

Elevation – After your party, be sure to prop your foot up on a pillow until it's elevated above heart level. This will help reduce swelling as well.

If you continue to have foot pain despite following the R.I.C.E. routine, be sure to give us a call. We will help to determine a treatment option that works best for you, so you can recover and enjoy the holiday season and beyond.