



Lakeshore Athletic Club

Impact Sports Medicine patients can enjoy and utilize all the amenities of the club.

The Lakeshore offers:

- Warm Pool
- Lap Pool
- Hot Tub
- Sauna
- Steam Bath
- Pilates Classes
- Yoga Classes
- Spinning Classes
- Machine Weights



Lakeshore Spa

Treat yourself to a day at the spa! The Spa at the Lakeshore offers:

- Massage
- Body Treatments
- Skin Care & Wax
- Nail Services
- Acupuncture



When the Foot Hits the Ground...

The ancient Greek philosopher Socrates once claimed, "When our feet hurt, we hurt all over". Here are a few interesting facts:

- 95% of the population will experience some form of foot dysfunction.
- 3.5 times our body weight passes through our feet each day.
- 60% of our body weight is designed to go through our big toe.
- You use 200 muscles to take one step.
- 15% of all sports related injuries affect the foot alone.

There are more than 300 different foot ailments. Some can be traced to heredity, but for an aging population, most of these ailments stem from the cumulative effect of years of neglect or abuse. However, even among people in their retirement years, many foot problems can be treated successfully, and the pain of foot ailments relieved.

With spring starting to warm up and summer on the way, you will likely start wearing more shoes that have less support. This might cause you to have some discomfort on the bottom of your feet and calves. This can be the start of plantar fasciitis. If ignored, this can become a very painful and debilitating injury.

To prevent this discomfort from becoming more of a problem than it has to be, try the following:

1. Ice the bottom of your foot. A frozen water bottle works great!
2. Massage the bottom of your foot (Or get a significant other to do it).
3. Stretch your calf muscles. A long slow runner's stretch works well!
4. Strengthen your calf and lower leg muscles, Calf raises work well!
5. Strengthen your hip abductors (Gluteus Medius) for stability.
6. Do some single leg balance activities.

If you continue to have pain, we recommend that you contact Impact Sports Medicine for a complete evaluation. Please contact us at **303-446-2200** to make an appointment at one of our 3 locations.



We now have 3 locations to better serve you! Westminster, Broomfield (In the Lakeshore Athletic Club), and Arvada.