

November 2022 – Newsletter

I love the beautiful colors of Fall, the smell of fireplaces taking the chill out of our homes, and the scent of baking the traditional foods we share at Thanksgiving,

In my case, much of this happens when I go back to New York to visit my family. Fireplaces and Fall colors aren't a common experience in Sarasota, FL. 😊 Fortunately, the baking and other traditional foods do happen in Sarasota, as I gather with my Florida "family" to celebrate the season of gratitude.

The end of October gave me the opportunity to not only visit with my family, but to be there when the Fall colors were at their peak. It was wonderful and eased the multiple challenges I'd experienced between the time hurricane Ian left its mark on the west coast of Florida, and the many computer issues that made it a difficult month.

Friends said it was because "Mercury is in retrograde," but whatever the cause, I'm glad it's now November!

## Hurricane Ian

If you live here in Florida, I hope you came through the storm okay. My apartment and office were both spared, but the 5 acres where my office is located definitely took a hit. It took many of us, both volunteers and paid companies, days of raking and carrying branches, etc., to almost get it back to normal. A LOT of aching muscles!

If you are still having aches and pains from your clean-up projects, give me a call and we'll release the tight and sore muscles.

## This Month's Topic is Focusing on a Key Running Injury....Achilles Tendonitis

Achilles tendonitis is a common condition for anyone who plays a sport that involves running, but there is more to this condition than sports.

Your Achilles tendon (AT) is the connection between the muscles of your calf and your heel bone. It is because of this strong tendon that you can stand on your toes or press down on the gas and brake pedal as you are driving your car.

These muscles are contracted with every step you take, whether you are leisurely walking down a lovely path, or you are running an ultra-marathon of 100 miles. With this repetitive use it's not uncommon for the muscles to shorten and tie into knots (actually called spasms or trigger points).

Each trigger point causes the muscle to shorten even further, putting a strain on the tendon. Think of it this way....if you had a rope that is 12" long, and you started to tie it into knots, the two ends would be getting closer and closer together.

That's what's happening to your calf muscles, but since they all insert into the Achilles tendon, they are putting a strain on the tendon and on the insertion point on your heel bone.



You may feel the pain where your muscle merges into your Achille's tendon (Yellow Circle),

or you may feel it where it inserts into your heel bone (Red Circle)

As I mentioned last month, the calf muscles are also a key factor in plantar fasciitis or sprained ankle. However, most people don't think about squeezing their calf muscle when they have ankle or foot pain. I suggest you think of these muscles FIRST when you are having pain in your ankle or foot.

Getting back to the Achilles tendon, let's consider why your calf muscles impact the tendon. The two primary calf muscles are the gastrocnemius and soleus muscles. They are the thick muscles that give shape and definition to your calf.

If you squeeze them tightly with your hand and simultaneously stand up on your toes, you'll feel them contract.

**Consider this...tendons don't stretch and they don't get tied up in knots and shorten.**

Tendons are like your hair, they are just there. If you pull your hair your scalp will hurt, but there isn't anything wrong with your scalp, just stop pulling your hair.

Likewise, tendons only cause pain when a muscle is pulling on them and causing a strain where they insert into a joint.

Runners sometimes think that a long tendon on the side of their leg, called the iliotibial band (ITB) gets tight and causes pain on the outside of their knee. We'll talk about that more in a future newsletter, but for now all I'm going to say is "no, ITB pain is caused by a muscle in your hip, not your leg." But that's information for another newsletter so I won't go into it now.

It's important to keep your calf muscles flexible and free of spasms since they can ultimately pull hard enough to tear, or severe, your Achilles's tendon. Aside from being extremely painful, that could affect your ability to walk or run normally for the rest of your life.

### **The key is, in the vast majority of cases, a torn Achilles tendon is preventable!**

There are several easy ways to self-treat your calf muscles. If you want to prevent calf pain or a torn AT I suggest you consider getting one of my books: *Treat Yourself to Pain-Free Living* or *The Pain-Free Athlete*. Both books will show you several ways of treating the muscles, and then a safe way to stretch both the gastrocnemius and soleus muscles.

I'll teach you one of the Julstro self-treatments here. This treatment is especially good for anyone who is flexible:

**AT PIC WITH HEEL** Sit on the floor and bend your knee so the leg you are treating is horizontal to your body, as shown in the picture.

Press your opposite heel deeply into your calf muscles, starting as close to the top of your calf as possible.

Keep pressing while moving down toward your Achilles tendon.

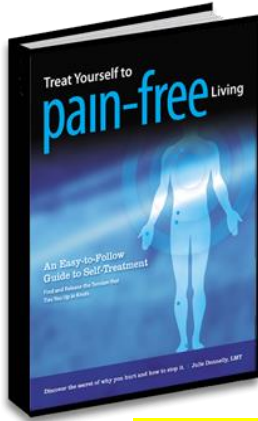
Cover your entire calf, staying for 30 seconds on points that are especially tender.

### [A Message For My Local Clients](#)

We had a lot of computer problems when we were sending out the October newsletter, so you may not have received it. As a result, I'm going to mention the new discounted pricing for coming to the office for your therapy session.

My S.C.O.R.E. mentor wanted me to charge a higher rate for the first treatment since it takes more work to ascertain the muscles involved in your situation, and then I teach you how to self-treat those muscles. I decided that I would keep the first appointment at \$120, but lower subsequent visits to \$110.

Please share my information with your family and friends. This is especially important for anyone who plays golf, tennis, pickleball, or any other active adults who have chronic pain or sports injuries and would benefit from muscular therapy.



You can locate the *source* of your pain, and then see how to do the Julstro self-treatments that can stop the pain FAST!

*Treat Yourself to Pain-Free Living* has 21 colorful charts that show you where to treat to relieve pain that you are experiencing, and over 200 clear photos that explains how to do each self-treatment.

You don't need to live with pain – you can STOP PAIN FAST!

**G, please use this link and make the book title a live link:**

**<https://julstromethod.com/product/pain-free-living-book/>**

## Next Month's Treatment

I've had several people come to the office lately who were suffering from foot pain. I'd like to talk about the foot bones and what you can do to help yourself.

Wishing you well,

*Julie*