KALAMAZOO PODIATRY

News and Updates **October 2026**



Don't Fumble Your Child's Football Injury

Football is an exciting but physically demanding sport. Concussions and head injuries rightly garner a lot of attention, but players' feet and ankles also pay a heavy price.

Turf toe is a common football-related injury caused by a hyperextension of the big toe joint. Forcefully pushing off on a sprint or getting the toe jammed into the ground while the foot is planted are two ways it can happen. Initially, some players think they can play through the pain, stiffness, and weakness, but it will typically become progressively worse.

Ankle sprains are prominent football injuries too. Ligaments of the ankle are stretched or torn, and ankle stability is compromised. Quick directional changes are a prime source, as are tackles, which inflict direct trauma to the ankle or cause damaging falls.

When a player gets their foot twisted awkwardly while it's planted, it can destabilize the bones and ligaments of the midfoot — a Lisfranc injury. It may involve a broken bone, a sprained ligament, a dislocation, or some combination thereof.

The Achilles tendon is the most powerful tendon of the body, but the repetitive running and jumping motions, quick accelerations, cutting, and backward and forward movements can render it susceptible to irritation (tendonitis) or possibly a rupture.

Contact our practice if your gridiron star:

- Experiences foot or ankle pain that lasts more than a few days.
- Has swelling, bruising, or difficulty bearing weight.
- Displays a deformity, instability, or reduced range of motion.
- Shows no improvement despite rest and good home care.

Trying to "tough out" an injury can lead to chronic issues, even a lifelong disability. Early intervention via a podiatric exam can ensure a faster, safer, pain-free return to the field.

About the Doctor

Terence D. Bredeweg, DPM



A West Michigan native, Dr. Terence Bredeweg was born and raised in the Grand Rapids area. He earned his bachelor's degree in cell and molecular biology from Grand Valley State University, then moved to the Chicago area to earn his doctor of podiatric medicine from the William M. Scholl College of Podiatric Medicine at Rosalind Franklin University.

Dr. Bredeweg returned to Michigan for his podiatric surgical residency at Henry Ford Wyandotte Hospital. He then moved back to the west side to join Kalamazoo Podiatry, and later became a partner in the practice in January 2015. He became lead podiatrist in January 2016, after Dr. Redmond's retirement from full-time practice.

Dr. Bredeweg believes that spending time with patients, educating them about their condition and treatment options, and helping them feel empowered to make decisions about their health care are key to providing the best outcomes.

In his free time, you might find Dr. Bredeweg reading a book or watching the game. He also enjoys outdoor activities, including golf, fishing, and skiing.



Aging Ligaments and Tendons

Tendons connect muscles to bones and provide stability during activity. Ligaments provide that, too, by connecting bones and holding them in place. As a person ages, the body's joints and tendons become more rigid, brittle, and lose elasticity and shock absorption capabilities. That, of course, includes the Achilles tendons and many prominent ankle and midfoot ligaments.

Both tendons and ligaments are made of collagen, the most abundant protein in the human body. Their elasticity depends on it. But as the years accumulate, the amount of healthy collagen the body produces declines, in large part due to glycation. Glycation is a process in which collagen interacts with sugars and free radicals and, basically, gets weighed down by them, diminishing its ability to properly support tendons and ligaments.

Reduced collagen levels make joints and tendons more susceptible to injury as well as pain, stiffness, and decreased mobility and flexibility.

Age also impairs the healing process for tendons and ligaments. An ankle sprain or Achilles injury will take longer to heal, and sometimes there won't be a full recovery.

But take heart. The following can slow the aging process for tendons and ligaments:

- Eat a healthy diet rich in fresh fruits and vegetables. Nutrients such as vitamin C, zinc, copper, proline, and glycine are beneficial to collagen production — confer with your primary care physician.
- Make a conscious effort to drink enough water throughout the day.
- Control your blood sugar to thwart glycation.
- Exercise daily to improve blood flow and tendon thickness, which boosts strength and durability.
- Maintain a healthy weight.

If you'd like to alleviate your foot or ankle pain, reduce stiffness, improve your range of motion, and lower your susceptibility to injury, contact our practice today.

Mark Your Calendars

Oct. 4 Golf Day: An albatross is scoring 3 below par on a hole. In 2025, only three were recorded in the PGA; same for the LPGA.

Oct. 9 Fire Prevention Day: The Great Fire of London in 1666 is "credited" for putting an end to the uncontrolled spread of bubonic plague in the city.

Oct. 12 Columbus Day: Approximately half of the U.S. population lives within 500 miles of Columbus, Ohio.

Oct. 16 Boss's Day: The average number of direct-reports to a boss (manager) is now 12. Artificial intelligence has increased that number the past few years (job cuts/consolidation).

Oct. 23 Mole Day: This day references the unit of measurement in chemistry. Remember, chemists have solutions.

Oct. 31 Halloween: Why don't mummies like to take time off? They're afraid to unwind.

Mummy Issues

In ancient Egypt, mummification was an elaborate religious ritual to prepare the body for the afterlife. The body was thought to be the home to the soul/spirit, so keeping it in good shape was imperative. Other cultures carried out intentional mummification, but Egypt was in a class of its own.

Special priests worked as embalmers and required detailed knowledge of the human anatomy. The first order of business was removing all internal body parts that would decay rapidly. Organs such as the liver, stomach, intestines, and lungs were extracted, typically through an abdominal incision, and placed in special vessels called canopic jars. The jars were later placed in the tomb with the mummy. In some cases, the organs were treated, wrapped, and reinserted back into the body.

The heart was left untouched, as it was considered the center of a person's being and intelligence. That spelled bad news for the brain. Embalmers inserted a hooked instrument through the nose and pulled the brain out, piece by piece, and discarded it entirely.

Natron salt was applied to the body, outside and inside, to dry it out. Sunken areas were filled out with linen, sawdust, sand, or other materials, and false eyes were added — a real makeover.

Hundreds of yards of linen were used to wrap a single mummy, and amulets were placed inside the wrappings. Furniture, statuettes, wall paintings of daily or religious scenes, and lists of foods and prayers were placed in the mummy's tomb. Through a mystical process, these items were believed to transform into the actual items needed in the afterlife.

For those who could not afford mummification, their expired bodies would be buried in the dry desert sand to mummify naturally. They'd still make it to the afterlife, but they'd be traveling coach, not first class.





Chicken and Kale Sauté (With Parmesan Cheese)

Serves 4

A quick and easy one-skillet dinner that fits the bill on weeknights and at dinner parties alike.

Ingredients

- 2 tablespoons olive oil
- 1½ pounds boneless, skinless chicken breasts, cut into 1/2-inch-thick strips
- Kosher salt
- Freshly ground black pepper
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- Pinch red pepper flakes
- 1 large bunch flat-leaf kale (about 12 ounces), stems removed and leaves coarsely chopped
- 1/2 cup dry white wine
- 1/2 cup grated Parmesan cheese
- 1 tablespoon freshly squeezed lemon juice

Directions

1. Heat the oil in a large skillet over medium heat until shimmering. Add the chicken, season with salt and pepper, and sauté until cooked through, 5 to 7 minutes. Transfer the chicken to a plate and cover to keep warm.
2. Add the onion, garlic, and pepper flakes to the skillet. Sauté until the onions are starting to soften, about 2 minutes. Stir in the kale, wine, and a pinch of salt. Cover and cook for about 5 minutes, stirring occasionally, until the kale is just tender.
3. Return the chicken and any accumulated juices to the skillet. Add the Parmesan and lemon juice and stir to combine. Taste and season with more salt and pepper as needed.

STORAGE NOTE: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Recipe courtesy of www.thekitchn.com.

KALAMAZOO PODIATRY

333 Turwill Lane, Kalamazoo, MI 49006
269-373-1019

305 Thomas Street, Allegan, MI 49010
269-673-8757

www.KalamazooPodiatry.com



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Avoid Halloween Havoc

Kids as well as many adults relish spooky Halloween fun. But don't allow trick-or-treating or attending Halloween parties to become a nightmare for feet and ankles.

When it comes to footwear, choose comfort over style. If a given costume includes heels, boots, or oversized or thin-soled shoes, consider swapping them out for comfy sneakers or supportive, well-fitted shoes. If one insists on wearing these footwear accessories with a costume, it should be for a short time only. Ankle sprains (or worse), ball-of-foot pain, blisters, and tumbles are lurking in the shadows.

In many regions, late October weather can be crisp. Closed shoes and warm socks are wise choices for outdoor activities. Think merino wool, which has you covered for warmth and moisture wicking.

To avoid a tripping hazard, make sure a child's costume length doesn't extend below the ankles. Masks can impair the wearer's vision. Face paint can be a fun alternative, but test it on a small patch of skin first to make sure there's not an allergy problem.

Avoid dark or dimly lit routes while trick-or-treating. Uneven pavement, curbs, potholes, and debris can lead to falls. If it's just a short stretch of poor lighting, carry a flashlight with good illumination. Also, stay on paved areas; don't take shortcuts through other people's yards. The terrain is a mystery, it might be slippery, who knows what objects lie in wait, and it's the polite thing to do.



To improve visibility, reflective tape on a costume or the backs of shoes does the trick. Also, keep an eye on young children's shoelaces; double knots may beckon.

If Halloween activities result in a curse upon a foot or ankle, contact our practice to schedule a thorough examination.