

Maybe It's Your Feet

by Dr. Arthur Lukoff, D.P.M.

If you have had the experience of driving a car when the wheels are out of alignment, you can understand compensation. If the car pulls to the left while driving, you compensate by turning the wheel to the right so that the car travels in a straight line. You have compensated to correct the line of travel. The problem is that the tires are now wearing unevenly and will wear out on the inside or outside of the tread.

The vast majority of all lower back and knee problems not caused by congenital conditions or injury are actually related to abnormal foot function, and the compensation we make unconsciously to walk in a straight line.

The interesting fact is you can experience pain in other areas of your body even if you have no pain in your feet. This is because we compensate by using our knees hips and back and even our shoulders and neck to compensate for our uneven foot function just as we turn the wheel in our car to compensate for uneven pulling.

A biomechanical exam can evaluate abnormal foot function and its influence on other parts of the body, and suggest treatment ranging from relief of pain to the slowing of degenerative conditions and the prevention of specific muscle, bone and joint problems at remote sites. Over and over again patients report that their hip, knee, and back pain have been help or totally eliminated when their foot function has been corrected. ❄️

A Snowman is a Miracle!

by Elyssa Garcia

The snowball gets bigger and bigger,
Until it's the size of a head.
Then I roll another two, and
Attach them with a scarf that's red.
I put three little buttons
Down the snowman's tummy.
And then I give it a face;
The nose tastes really yummy.
My snowman is all done,
He's now a beautiful display.
Of the miracles nature has,
We witness everyday! ❄️



On December 15th, **Brownie Troop 391** (Girl Scouts of Ulster County) went caroling at the *Glusker Apartment Complex* in Ellenville, photo above. The girls sang holiday songs and served refreshments to the residents of the building. Troop members who participated were Loren, Jennifer, Taylor, Amber, Maia, Molly, Marin, Erin, Eliza, Sara, and Briana. Troop leaders are Linda Sherry, Kristy Irwin, and Cindy Swinden. ❄️

THANKS FOR HELPING!

On January 8th, the following persons helped with taking down the **Holiday Lights**, co-sponsored by the **Ellenville-Wawarsing Chamber of Commerce and Noonday Club**: Earl Thornton Jr., Earl Thornton Sr. (who also provided and manned the cherry picker), Dwight Coombe, Phil Coombe, Paul Lonstein, Steve Krulick, Dianne Krulick, Woodrow Jones Jr., Jane Eck. ❄️



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