

Sidelined Senior Marathon Runner Back In Training After Physical Rehabilitation With Dr. Annette Zaharoff

San Antonio, TX – Ann Alwood thought her fallen arches made it impossible for her to become a serious runner. But at the age of 59, she took up the sport after hearing former Olympian Roger Soler speak about how proper footwear could make up for her condition.

In the decade since, Alwood has participated in eight half-marathons and two full marathons. Earlier this year, however, she was sidelined when she strained a tendon in her right foot that sent pain shooting up her ankle.

“I think it’s because I switched to a different brand of running shoes that weighed less,” said Alwood, who trains with the award-winning San Antonio Fit running and walking program. “I wore them for three weeks when my foot started swelling. I elevated it, but the swelling would not go down.”

Alwood, who is 69 years old, ran about four miles one day with San Antonio Fit members when she ran into Dr. Annette Zaharoff of **The Non-Surgical Center of Texas**, which specializes in non-surgical treatment of physical pain and injuries. Dr. Zaharoff, a former world-class professional tennis player, often consults with the group as a sports doctor.

“My foot had been hurting but not to the point where I couldn’t run,” Alwood said. “Dr. Zaharoff looked at it and told me the tendon could rupture, so I reluctantly stopped running and made an appointment to see her.”

“She answered all my questions. She was very open about the injury, what I could expect from recovery and how long it might take. It was very good.”

Dr. Zaharoff and her staff examined Alwood, using a sonogram on her foot to determine that the tendon was not ruptured, but might have some tears. Dr. Zaharoff prescribed a cadre of physical therapy – weight machines, balancing exercises and throwing a medicine ball while standing on different parts of one foot.

Dr. Zaharoff is among a handful of **physiatrists** in the nation, medical doctors who specialize in physical rehabilitation and treatment of the whole patient, not just the problem area ... without surgery.

“I never even dreamed I’d have to have surgery, which fortunately I didn’t,” Alwood said. “Her

practice advertises itself as non-surgical, which was a major reason I wanted to see her.”

The clinic, which recently moved to 9631 Huebner Road, is comprised of an 11-member staff including 2 physical therapists, a licensed physical therapy assistant and trained technicians. “Her staff is extremely friendly. They couldn’t be nicer,” Alwood said. “It’s really a great group to work with.”

After a few weeks, Alwood started alternating between light jogging and walking. The time spent jogging increased until Dr. Zaharoff gave her the green light to start her serious running regimen again. “It keeps me young,” Alwood said.

Alwood is training now for a marathon in Austin in February 2011. She has already signed up for a half marathon in Dallas in March 2011, and plans to do the Rock n Roll Marathon in San Antonio next November.

For more information, call The Non-Surgical Center of Texas at 210.616.0646. Or visit them on the web at www.DrZMD.com.

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