

Welcome to our Fall 2017 Newsletter



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Our Office Locations

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Consider getting a PADnet test
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I know that walking on any hard surface for an extended period of time will irritate a foot problem. Do your feet hurt when you get out of bed in the morning or hurt worse as the day goes on? Perhaps you have Plantar Fasciitis, Neuroma, are Flat-Footed or have Bunions. How's your Balance? I've treated all of these conditions with Guaranteed Custom Prescription Orthotics with state of the art computer gait analysis and x-ray evaluation. We customize orthotics with medical precision to treat your exact foot problem and make walking on any surface more comfortable - so you can walk further, longer and with a spring in your step this Fall.



Walk on Pavement in Comfort with the Right Shoe

Walking on pavement can really take a toll on your feet.

With each step, you put pressure on your feet, ankles, knees and hips. This stresses your joints and the resulting pressure accumulates over time. Some walking surfaces like a dirt path, school track or grass absorb the shock, transferring it away from your bones.



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But concrete sidewalks and roadways are some of the hardest walking surfaces. Walking on these not only stresses your joints but also causes your muscles to tire more easily.

Your walking shoe can compensate for a hard surface. Athletic or running shoes with extra cushioning can help take the stress off your body and absorb shock. A trail shoe with a deeper tread pattern to grip and avoid slipping is a great idea for uneven cobblestone or paver stone surfaces.

Visit an athletic shoe store and explain your walking surface to get the best fit for your feet and path. Carry your dress shoes on your commute to work and change into your stylish shoes when you arrive. You'll extend the life of your fashionable shoes and reduce the stress on your joints.

Do You Have A Health Savings Account (HSA)? Time to Get Orthotics

Now may be a great time for you to stop putting off caring for your feet, particularly if you have a health savings account (HSA). The money in your account can be used for medical expenses, including orthotics.



From My Blog: Ankle Sprains are all too common



Make an [Appointment Request](#)

online today or call us at

855-FIT-FEET and schedule your appointment today.

History FootNote

By injecting insulin into a diabetic dog in 1921, Canadian physician Frederick Banting and medical student Charles Best found that the hormone effectively lowered the dog's blood glucose levels to normal.

Trivia

The most common reason your heels hurt is:

- A) Trouble in the tissue that supports your arch
- B) Plantar warts
- C) Blisters
- D) Legos camouflaged by the carpet

A. One of the most common sources of heel pain is a condition called "plantar fasciitis," which is an inflammation of a thick band of connective tissue that starts in your heel and supports your arch. One remedy for treating the pain is to roll a frozen water bottle with the arch of your foot to ease the inflammation and reduce swelling. Good arch support is important for treating and preventing this condition.

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Celebrity Foot Focus

Actors Salma Hayek, Tom Hanks and James Earl Jones, as well as quarterback Jay Cutler and hockey defense player Nick Boynton, have all revealed that they have diabetes.

Joke of the month



Q: Who is not hungry at Thanksgiving?

A: The turkey because he's already stuffed!

Foot Care Specialists, PC

Custom Orthotics and Orthotic Sandals



- ★ Improve Balance
- ★ Reduce Stress
- ★ Reduce Pressure
- ★ Reduce Discomfort

Customized with
Footmaxx Computer Gait Analysis

INGROWN TOENAILS?



We treat all kinds of FOOT and NAIL conditions

We offer **Needle-Free Injection Technology** to reduce needlephobia so your visit is **stress free.**

Foot Care Specialists, PC

Stay Active

WITH **MR4™ SUPER-PULSED COLD LASER TREATMENT**



SPEEDS HEALING

RELIEVES DISCOMFORT

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Ankle Sprains are a common injury and are actually the most frequent ankle injury, especially among basketball players who undergo frequent ankle instability. Once a sprain happens, the damage to the ligaments creates the likelihood of it happening again without proper treatment. They occur during a rapid movement while the foot is still planted to the ground. The ankle tends to roll outwards and the foot turns inward. This reaction causes the surrounding ligaments to tear, which ruins its elastic nature.

<http://www.footcarespecialistspc.com/blog/post/ankle-sprains-are-all-too-common.html> to read more>>

Recipe of the Month: Mini Chocolate Tarts



Mini desserts are a great way to offer dessert at the holidays without overindulging.

Ingredients

- 1.4 ounces sugar-free, fat-free chocolate pudding mix
- 1 cup skim milk
- 4 ounces light whipped topping, thawed
- 24 puff pastry cups
- 48 mini-chocolate chips

Instructions

1. Preheat the oven to 400 degrees F. Bake the puff pastry cups according to package directions.
2. In a large bowl, whisk together the pudding mix and skim milk. Put in the refrigerator for 5 minutes.

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3. Fold the whipped topping into the pudding mixture.
4. Spoon or pipe 1 teaspoon chocolate pudding mixture into each puff pastry cup.
5. Top each tart with 2 mini chocolate chips.

Tip: You will have 2/3 cup pudding mixture remaining. We recommend using for 2 chocolate mousse parfaits (1/3 cup servings). Top with a little whipped topping and a few chocolate chips for another delicious dessert.

Recipe courtesy of www.diabetes.org



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