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What Puts You at Risk for Plantar Fasciitis?



Plantar fasciitis (PLAN-tur fas-e-l-tis) is one of the most common causes of heel pain. It involves inflammation of a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes (plantar fascia).

Plantar fasciitis commonly causes stabbing pain that usually occurs with your first steps in the morning. As you get up and move more, the pain normally decreases, but it might return after long periods of standing or after rising from sitting.

Plantar fasciitis is more common in runners. In addition, people who are overweight and those who wear shoes with inadequate support have an increased risk of plantar fasciitis.

[Learn the symptoms and risk factors of this painful condition – keep reading!](#)

If you are experiencing heel pain from Plantar Fasciitis, call (212) 996-1900 for an appointment.

10 Benefits of MLS therapy for Foot Pain



What are the benefits of MLS therapy? Here are 10 reasons you should consider this treatment to eliminate your foot pain.

1. **Anti-Inflammatory:** MLS® Laser Therapy has an anti-edema effect as it causes vasodilation, but also because it activates the lymphatic drainage system which drains swollen areas. As a result, there is a reduction in swelling caused by bruising or inflammation.
2. **Analgesic:** MLS® Laser Therapy has a beneficial effect on nerve cells. It blocks pain transmitted by these cells to the brain which decreases nerve sensitivity. Also, due to the decreased inflammation, there is less edema and less pain. Another pain blocking mechanism involves the production of high levels of pain killing chemicals such as endorphins and enkephalin from the brain and adrenal gland.
3. **Accelerated Tissue Repair and Cell Growth:** Photons of light from lasers penetrate deeply into tissue and accelerate cellular reproduction and growth. The laser light increases the energy available to the cell so that the cell can take on nutrients faster and get rid of waste products. As a result of exposure to laser light, damaged cells are repaired faster.

[Need more reasons? 7 more are ahead...](#)

What Causes Morton's Neuroma?



Morton's neuroma is a painful condition that affects the ball of your foot, most commonly the area between your third and fourth toes. Morton's neuroma may feel as if you are standing on a pebble in your shoe or on a fold in your sock.

Morton's neuroma involves a thickening of the tissue around one of the nerves leading to your toes. This can cause a sharp, burning pain in the ball of your foot. Your toes also may sting, burn or feel numb.

[Your shoe choice can dictate your chances of developing this condition. What else?](#)

If you are experiencing foot pain from Morton's Neuroma, call (212) 996-1900 for an appointment.

Recipe of the Month Blueberry-Strawberry Smoothie Bowl



This smoothie, thick enough to eat with a spoon, is bound to keep you feeling fuller longer. This one gets its richness and creaminess from avocado, which also provides fiber and heart-healthy fats.

Ingredients

- 1/3 cup unsweetened blueberry or pomegranate juice
- 1/3 cup 2% plain Greek yogurt
- 3/4 cup fresh blueberries, divided
- 1/2 ripe peeled avocado
- 1 cup ice cubes
- 1/2 cup sliced fresh strawberries
- 1 tablespoon sliced almonds, toasted

How to Make It

Step 1

Place juice, yogurt, half of blueberries, and avocado in a blender; process until well combined, about 15 seconds. Add ice; process until smooth, about 30 seconds.

Step 2

Pour smoothie mixture into a bowl; top with remaining half of blueberries, strawberries, and almonds.

Recipe courtesy of CookingLight

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History FootNote

Gout was referred to as the "disease of kings" because many incorrectly linked it to the type of indulgence – in food and wine – that only the rich and powerful could afford.

Celebrity Foot Focus

King Henry VIII, Sir Isaac Newton, Benjamin Franklin, Yankee pitcher David Wells and NBA star and coach Maurice Cheeks all suffered from gout.

Foot Funnies

😄 How does a frog feel with a broken foot? Un-hoppy.

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Mission Statement

We at the Center for Podiatric Care and Sports Medicine take pride in treating all of our valued patients like members of our family, with kindness, compassion, empathy and integrity. We strive to continuously solidify, enrich, and renew our already extensive knowledge base. The doctors offer comprehensive treatment programs utilizing the newest and most advanced modalities in the field of podiatry. We specialize in all aspects of foot and ankle care including preventative medicine, regenerative medicine, and advanced surgical techniques. We appreciate the opportunity to participate in your health care, and keep you moving forward.

Meet Our Doctors



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