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ATLANTIC  
foot & ankle  
specialists

## FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this free newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to [brendan@atlanticfeet.com](mailto:brendan@atlanticfeet.com)

VOL. 5 ISSUE 12

AUGUST 2014

# EXTRA, EXTRA READ ALL ABOUT IT!!!

Atlantic Foot & Ankle Specialists is excited to announce yet another addition to their menu of services. At AFAS, we are constantly striving to improve your patient experience. We are pleased to welcome Michael Parsons, PT (Physical Therapist) to our practice. You may ask...Why add Physical Therapy to a Podiatry practice? Here at AFAS, we do everything in our power to help expedite your path to recovery. Also, we want to help you avoid further problems. With the addition of Dr. Parsons we are bringing in an expert in human movement patterns. A Physical Therapist is the ideal person to help improve your mobility and motion.



Mike Parsons, PT, DPT, OCS

As the youngest of five children, Dr. Parsons was born and raised in Upstate NY. After obtaining a degree in Physical Therapy from Daemen College, in Buffalo, he spent one additional winter in the region before realizing that he should move south sooner than later! He made the move south in 2001. After working for 13 years in the Savannah area, Dr. Parsons joined Atlantic Foot & Ankle Specialists as our Director of Physical Therapy in 2014.

Dr. Parsons is a Board Certified Orthopedic Specialist and has completed an extensive program in Private Practice Management, while obtaining his Doctor of Physical Therapy degree, from the Evidence in Motion Institute. Additionally, he teaches at South University and frequently engages in continuing education opportunities. Dr. Parsons prides himself on offering a top notch clinical product which is rooted in evidence based practices. He is sensitive to the individual needs of each patient and pays attention to detail.

While away from Atlantic Foot & Ankle, Dr. Parsons switches his attention back to the top priorities in his life...his wife Alicia and their four young children. When time allows, Dr. Parsons enjoys watching his favorite Boston sports teams and doing most anything outside. He is hoping peer pressures from his new coworkers at Atlantic Foot & Ankle will get him back into an active running routine!

# Ingrowing Pains

Ingrown toenail



Ingrown toenails can be caused by many conditions that include:

- Pressure: Pressure from tight-fitting shoes or high heels cause toe compression and lead to abnormal growth of the nail.
- Improper trimming: Improper trimming of toenails which causes the nails to dig into the skin.
- Nail disorders: Nail disorders, such as fungal infections can deform the nail making it thicker and wider causing the nail to irritate the skin.
- Repetitive trauma: Repetitive trauma to the nail also is a known culprit of ingrown nails.
- Genetic component: Unfortunately there is a genetic component that causes some people have incurvated or rounded nails which may irritate and dig into the skin. This can increase the chances of developing ingrown nails as well as an infection.

If you think you have an ingrown toenail or if this runs in your family, call us for an evaluation. The sooner the better.

## Our Services

- Ingrown Nails
- Heel / Arch Pain
- Hammertoes
- Bunions / Toe Deformity
- Neuroma / Warts
- Foot / Ankle Injury
- Plantar Fasciitis/ Tendonitis
- Intoeing/ Outtoeing/ Flatfoot
- Diabetic Foot Care
- Arthritis: Gout/ Rheumatoid
- Corns & Calluses
- Custom Orthotics
- Sports Injuries
- Shockwave Therapy (ESWT)
- Laser Nail / Wart Treatments
- Sterile Pedicure Spa
- Vascular Studies
- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis ... and more!

# Caring is Sharing

at Atlantic Foot & Ankle Specialists

Care to Share in two different ways

1. Review us on Google

or

2. Refer a Friend

and you'll be entered to win

**An Android Tablet!**



\*ask the front desk for details

# free book! on Toenail Fungus

Are you limiting your activities because of your toenails? You don't need to live with embarrassing toenail fungus. Get back to the active lifestyle you want. Get the answers you need, for FREE!

**NO OBLIGATION!**

For a **FREE COPY** of **No More Unsightly Toenails** just fill out this form and return it by mail to our office: **Atlantic Foot & Ankle Specialists**  
803 East 68th Street  
Savannah GA 31405

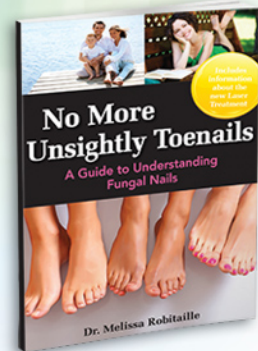
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