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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 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)

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## WHAT MAKES WEAK ANKLES?

Weak ankles, also known as ankle instability, is a common complaint particularly among the younger athletic population. The patient with weak ankles will frequently complain of feeling that the ankle "gives way" easily or that they feel afraid that they will injure themselves when walking or running on uneven surfaces. Some people are unfortunately born with loose or lax ligaments, which makes them more susceptible to this problem. Most patients with this diagnosis will present with a history of multiple previous ankle sprain injuries, usually related to prior athletic activities.



**Brian  
Fallon, DPM**

When athletes suffer a severe sprain injury, the ligaments that support and stabilize the ankle joint are overstretched. The ligament structures will eventually heal with proper treatment, however the ligament will commonly heal with scar tissue in a weakened and stretched out position. This unfortunately makes the ligament less effective at giving the joint the proper stability, and may lead to further recurrent ankle sprains and progressive weakening of the joint. The nerve fibers responsible for balance and coordination may also be damaged, leading to an increased risk for repetitive injuries.

The integrity of the ankle ligaments can be assessed with in office exam using a diagnostic ultrasound to see these structures. When in doubt, an MRI exam is the most sensitive test for evaluation.

Patients with chronic complaints of weak ankles may respond well to a variety of ankle bracing devices and/or custom made foot orthoses to hold the foot and ankle in the proper position. Patients may also benefit from physical therapy to strengthen the muscles and tendons that support and stabilize the ankle joint. Patients with chronically weak ankles that do not respond to conservative treatments may consider a surgical procedure to tighten the ligaments and remove scar tissue in the joint to alleviate the vicious cycle of injury and pain.

If you suffer from chronically weak ankles call our office to schedule and appointment with one of our podiatrists, or schedule online now.

## *It's Time to Think About Summer Feet!*

January and summer feet don't go together you say? Wrong! If you suffer from toenail fungus (about 1 in 4 Americans will in their lives) now is the perfect time to deal with them!

Our painless laser treatment for nail fungus works naturally, destroying the fungus at the root of the nail, allowing healthy beautiful nails to grow out and replace nasty old fungal nails. So if you want to have beautiful summer feet, now is the time to act.

Toenails take 4-6 months on average to grow out fully, so don't miss your chance! Talk to your podiatrist about our nail laser treatments today and have beautiful toes all summer long!

## Diabetic and on Medicare?

If you are a diabetic and have Medicare, you need to be aware of services and preventative care options available to you through your insurance coverage.

Diabetes affects the feet and slows blood flow to the extremities, so taking advantage of all your available options is a great idea. These guidelines are also generally followed by most insurance companies. Ask our doctors or staff about the great care available to all our diabetic patients, such as:

- Fall Risk Assessments
- Biomechanical & Physical Examination
- Vascular Studies • Regularly Scheduled Nail Care

## REMINDER: SAVANNAH OFFICE MOVE



A reminder that our Savannah office has moved to it's new location on the southside:

Atlantic Foot & Ankle Specialists  
11706 Mercy Blvd.  
Plaza A, Building 8  
Savannah, GA 31419  
**912-355-4557**

### 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

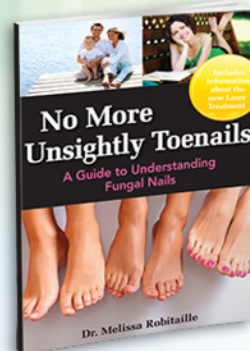
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Street Address: \_\_\_\_\_

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Phone: (\_\_\_\_\_) \_\_\_\_\_

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