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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)

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## Things To Do To Make Your Podiatrist Love You!

Dr. Libby  
Putnam  
Pooler & Statesboro



We podiatrists are here to help you, to fix you. But our job is a lot easier (and you often see results faster!) if you do a little prep before your visit. Help us help you!

### Bring your shoes

One of the most common pieces of advice we give is to change your shoes to something that will not exacerbate your podiatric issue. If your feet hurt in your work boots, please bring them with you when you visit us. Arriving in flip flops only gives us half of the equation.

### Follow directions

I understand that daily stretches, medications, toe soaking, foot cream application, or wearing a heavy velcro walking boot takes a piece out of your day. But we wouldn't give you instructions if we didn't think they would either decrease or alleviate your symptoms, or give us additional information to help in your diagnosis. If you come to your return appointment and have not been to any of your physical therapy appointments, or never picked up your medication, or did not wear the brace we gave you, sometimes we don't have much to talk about. The follow up appointment is there to discuss the treatment we recommended. (That said, if a medication ever gives you side effects, or a brace increases your pain, or something else happens to cause additional problems, stop the treatment, and let us know!)

### Let us know!

This one is super important. We want to know what's going on! Give the clinic a call if you have questions or concerns between appointments. We may not always need you to come in for a visit; often we can give extra advice or small changes in your regimen over the phone. But just in case it's something that needs attention, go ahead and alert us. We also want to know if you're better! When we recommend a treatment, and it works, but you don't keep your follow up appointment, we don't know whether we were successful in treating you. I like to keep tabs on how well different treatments work on the same problem (like injections vs. physical therapy), so I can recommend the better treatment to future patients. Your feedback helps the next patient I have who shares your injury or ailment. So pay it forward, and let us know!

This is a highly edited down version of an amazing blog written by Dr. Putnam.  
If you'd like to read the entire article simply visit [AtlanticFeet.com](http://AtlanticFeet.com)

## What's Your **SHOE** IQ?

### Shop for new shoes at the end of the day.

If you buy your shoes when your feet are at their most "swollen" you have a better chance at finding the proper fit.

### Break new shoes in gradually.

Wear new shoes for only an hour a day for the first few days to be sure that they are not causing pressure or rubbing.

### Give away your old shoes.

Shoes lose support and cushion with use. Don't wear shoes that have outlived their protective value to you. Recycle them! There are many organizations online which can direct you on where and how to donate your shoes to those who need them most. It's good for the needy, good for the environment, and good for your health.

### Did you Know?

Atlantic Foot & Ankle Specialists has a program designed to help you donate your gently used shoes? "Keeping The Community On It's Feet" takes gently used shoes and get them to non-profit organizations in local communities to help keep good shoes on the feet that may need them the most. Want to help? You can drop off any kind of gently used shoes to any Atlantic Foot & Ankle Specialists location, we'll take care of the rest!

### 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

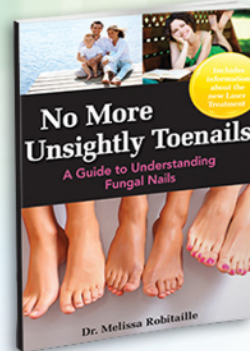
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