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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

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I Walk Like an "Old Lady"

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"I walk like an old lady/man when I
get out of bed in the morning."

This is probably the most common story that we hear in our office every day. If this sounds familiar, you are not alone. You are also not beyond help. You are probably suffering from plantar fasciitis, a painful inflammatory condition of the ligament that supports the arch of the foot. The majority of patients with this condition will fortunately get better without the need for a disabling surgical procedure.



If you are suffering from this type of pain it is important that this not be ignored. Without some form of treatment the condition will usually worsen. The pain from plantar fasciitis will progress from being present just in the morning, to a more regular and intense pain throughout the day. Most patients will eventually require professional treatment, but for those of you who desperately want to avoid a trip to the doctor there are some conservative treatments that can be attempted. These include:

Change of Shoe/gear - a new supportive sneaker/tennis shoe is your best bet. Avoid barefoot walking, flip-flops and flat shoes.

Stretching Exercises - calf and Achilles tendon stretching exercises will help to reduce tightness in the plantar fascia.

Oral Anti-inflammatories - motrin, advil or alleve may help reduce the pain associated with plantar fasciitis.

Ice - rolling the foot over a frozen water bottle or applying ice directly to the painful area.

Rest/Activity Modification - taking a break from activities that involve pounding on the foot (i.e. running, jumping)

If these treatments are not helpful, a visit to the podiatrist should be your next move. The doctors at Atlantic Foot and Ankle Specialists are trained in the latest treatment techniques for plantar fasciitis and can speed your recovery and help get you back to pain free activity as soon as possible.



Erin Go Bragh!



Top Foot Faults on St. Patty's Day

It's that time of year again, the Savannah St. Patrick's Day Parade is right around the corner. Years of experience have taught the doctors and staff that there are just certain types of foot injuries that seem to occur on St. Patrick's day, and no, they are not all caused by too much green beer! Be wary of these four common foot maladies.

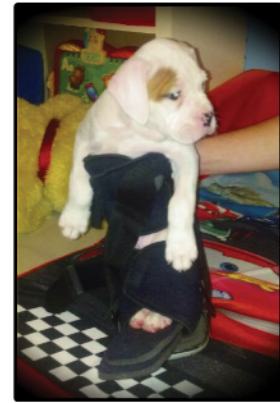
♣ Plantar Fasciitis - we see this one commonly all year round, but occurrences rise due to long periods of walking in unsupportive shoes.

♣ Neuroma - yet another common one caused by improper footwear. This time the culprit is those cute pointy toed shoes; look out for this one ladies.

♣ Tendonitis - if you are marching in the parade, this is one to look out for, caused by overuse and repetitive activity of the tendons around the ankle.

♣ Ankle Sprains - Ok, so maybe one of these does have something to do with too much green beer. Combined with the cobblestones on River Street, ankle sprains abound around St. Patty's.

So do yourself a favor and look out for your feet this St. Patrick's day. May the luck of the Irish be with you!



CAPthis!

Can you think of a funny caption for this cute little puppy in a surgery boot? If you can you could win a FREE pair of custom orthotics (valued at \$475!)

Just send your funny caption to brendan@atlanticfeet.com to be entered to win! Hurry, contest ends March 31st. One entry per person please.

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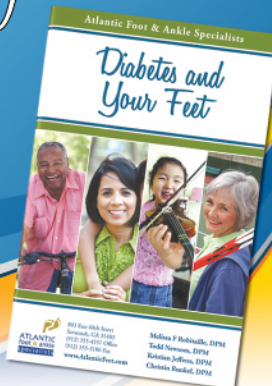
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