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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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St. Patrick's Day and Heel Pain



It may surprise you to learn there is a connection between the celebration of St. Patrick's Day and the common foot problem plantar fasciitis, or at least there is in Savannah!

You see, plantar fasciitis is the most common of foot problems, and it is usually caused by two things; overuse (walking a lot) and improper foot gear, like, for instance, some of the silly shoes worn by people on St. Patrick's Day!

But worry not, we've put together a simple to follow guide to help you make this St. Patrick's Day pain free!



Stretching

Simple foot stretches can work wonders for plantar fascia pain. Sit on the floor and gently pull your toes toward your body until you feel a gentle stretch. Hold this for 15 seconds or more. Switch to the other foot and do the same. Repeat this multiple times daily.

Rest

Resting the area is key to avoiding plantar fascia pain. If there's a specific activity that triggers the pain, avoid this for at least a few days.

Change your Shoes

Poorly fitting footwear, high heels and flip flops don't offer your foot the support that it needs. When your plantar fascia is painful, switch to a roomy, comfortable, supportive sports shoe. Note any improvements in pain between footwear, and definitely don't wear those ones to watch the parade!

Anti-Inflammatories and Pain Killers

Over-the-counter anti-inflammatories and pain killers can provide much-needed—albeit temporary—relief. Be careful not to mask long-term pain with them though, as long-term pain is likely indicative of a deeper problem. Over-the-counter pills shouldn't be taken for more than a few days in a row.

Congratulations!

We would like to congratulate practice manager Lucas Renfroe and his wife Susan on the birth of their beautiful baby girl Tinley Ann. So if you see him with a bewildered and tired look on his face, now you know why!



Atlantic Foot & Ankle Acquires Family Podiatry

Great news for patients in and around Statesboro! AFAS has acquired Family Podiatry Center in Statesboro, and will continue to see patients at that office.

It was all prompted by Dr. Cushner's retirement. The former owner and head podiatrist had to take an early retirement, due to degenerative arthritis in his wrists.



Dr. Newsom with the retiring Dr. Cushner

"I'm happy to see that my patients will continue to have uninterrupted podiatric care," Cushner said. "With just a phone call all my patients can schedule their visits using the same phone number they have always used, and Atlantic Foot & Ankle will have all of their patient records on hand, to ensure continuity of care."

Dr. Newsom will be Cushner's direct successor, seeing patients Mondays and Wednesdays at the office on Bel-Air Drive Drive. Patients will continue to enjoy the same services they had with Dr. Cushner, plus additional benefits such as laser therapy, noninvasive treatment of heel pain, and regular testing for harmful conditions such as Peripheral Arterial Disease, all in-office.

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!

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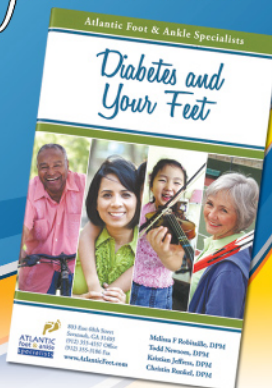
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