

Melissa Robitaille, DPM
Todd Newsom, DPM
Christin Runkel, DPM
Brian Fallon, DPM
Libby Putnam, DPM
Demon Thompson, CPED
Mike Parsons, PT

Savannah

803 East 68th St.
Savannah, GA 31405
(912) 355-4557

Pooler

114 Canal St. Suite 703
Pooler, GA 31322
(912) 988-3323

Statesboro

110 Hill Pond Lane
Statesboro, GA 30458
(912) 489-3668
&

95 Bel-Air Drive
Statesboro, GA 30461
912-489-8727

Hinesville

601 E. Gen Stewart Way
Hinesville, GA 31313
(912) 463-4517

Hardeeville

300 New River Pkwy. # 21
Hardeeville, SC 29927
(843) 208-3338



Facebook.com/
AtlanticFoot



AtlanticFeet.com/blog



Twitter.com/
AtlanticFoot



Instagram.com/
_thebigfoot

www.AtlanticFeet.com

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

VOL. 6 ISSUE 3

NOVEMBER 2014

A COMMON CAUSE OF BURNING FEET

Many people are all too familiar with carpal tunnel syndrome, a common condition involving nerve entrapment at the wrist which leads to burning and pain in the hand and fingers. A very similar, but less recognized condition commonly can lead to pain in the foot and ankle. This is known as tarsal tunnel syndrome.



Brian
Fallon, DPM

The tarsal tunnel is an area on the inner portion of the ankle where several important soft tissue structures pass behind the ankle bone and travel to the bottom of the foot. One of these structures is a large nerve that supplies sensation to the bottom of the foot and toes. This nerve can become compressed or squeezed where it wraps around the ankle, leading to pain in the ankle, foot and/or toes. These painful symptoms usually include burning, pins and needles and tingling sensations. Many factors may be involved in the development of tarsal tunnel syndrome, but the problem is more common in patients with flatfeet and those who are extremely active.

Tarsal tunnel syndrome may lead to nerve damage if left untreated, so establishing the diagnosis as soon as possible is essential. An examination by a foot and ankle specialist may be followed by a nerve conduction study to test for tarsal tunnel syndrome. It is important to differentiate tarsal tunnel syndrome from other problems, such as nerve pain which is caused by a pinch nerve in the lower back.

The initial treatment of tarsal tunnel syndrome can involve several conservative measures. This will frequently involve shoe inserts to stabilize foot motion, oral anti-inflammatory medication, injection therapy and physical therapy. Patients who do not respond well to conservative treatments may require surgery to release the nerve.

NOVEMBER IS NATIONAL DIABETES MONTH!

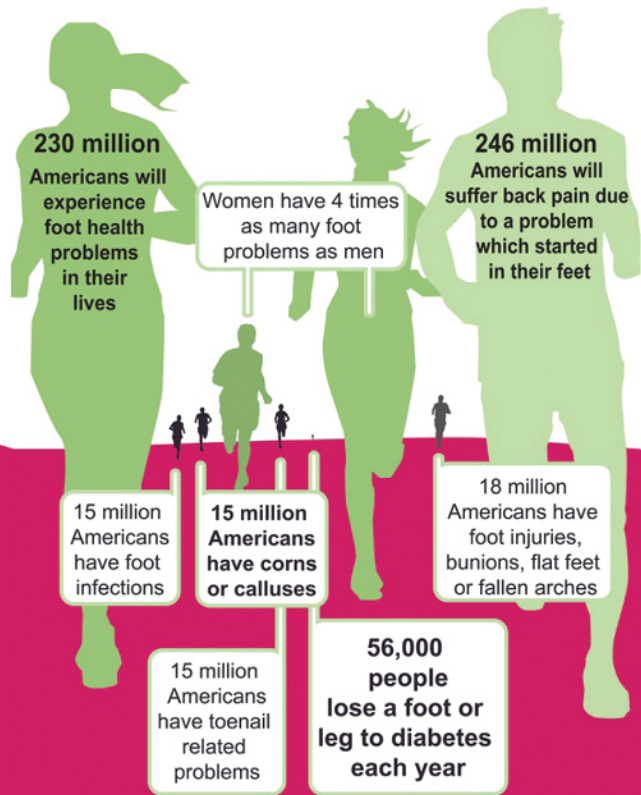
Here's some quick diabetic foot care tips!

Inspect your feet daily. Check for cuts, blisters, redness, swelling, or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your doctor if you notice anything.

Wear clean, dry socks. Change them daily.

Cut nails carefully. Cut them straight across and file the edges. Don't cut nails too short, as this could lead to ingrown toe nails. If you have concerns about your nails, consult your doctor.

Never walk barefoot. Not even at home! Always wear shoes or slippers. You could step on something and get a scratch or cut.



Have you called your podiatrist yet?

Michelle Hickey Jan 11
bentami.wordpress.com

http://www.footdoctor.com/07/Topic/18/doctor/index12
http://doctors.com/18_resources1.asp
http://www.footdoctor.com/07/Topic/18/doctor/index12

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

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!

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

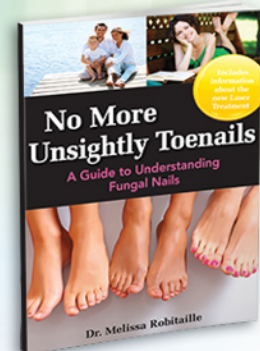
Name: _____

Street Address: _____

City, State, Zip: _____

Phone: (_____) _____

Email Address: _____



ATLANTIC
foot & ankle
specialists

www.AtlanticFeet.com