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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

WARM WEATHER IS HERE!

April 2011

why should i use custom orthotics?

Demon Thompson, CPED

Before I get into why orthotics should be worn, let me start by giving you a brief explanation as to what orthotics actually are. A custom functional foot orthotic is a device prescribed by a physician created from a non-weight bearing mold of your foot. This device is worn inside your shoes and can be removed and placed in other shoes. This gives you the freedom of being able to wear your orthotics at all times without having to wear the same pair of shoes.



Now that you have had a crash course in orthotics, let's get into why you should wear them. Orthotics are used to control the alignment and function of the foot, much like the tire rods are used to control the alignment and function of the tires on your car. In order to treat or prevent an injury that causes force on the bones, joints, tendons and ligaments, the feet and body must be in proper alignment. Some people suffer from excessive pronation (when your feet roll in) or excessive supination (when your feet roll out) which can lead to other problems if not corrected. Let's take your car for an example. If you never correct the alignment on your car, you can change your tires as often as you like, but they will continue to wear faster and faster depending on how bad the alignment becomes. The same goes for your feet. If you never correct the alignment, the excessive pronation and supination will gradually become worse and could ultimately lead to debilitating deformities.

Bottom line, everyone will not require the same amount of correction and/or support, but it's certain that everyone needs some support. Visit your local Podiatrist to find out your exact foot alignment. You are now armed with the knowledge needed to make informed decision whether you should wear custom orthotics. For an appointment and more information, please visit us at www.AtlanticFeet.com or you can call our office at 912-355-4557.

WIN BOX SEATS!



The boys of summer are back! Enter for a chance to win a Family Four Pack of box seats to any regular season home game. What could be better than that? We will be giving away these seats every month, all summer long, so if you didn't win this month, you can enter again next month! Just head over to [www.Facebook.com/AtlanticFoot](https://www.facebook.com/AtlanticFoot) and enter to win!



The first Easter baskets were made to look like bird's nests.

The traditional act of painting eggs is called Pysanka.

The custom of giving eggs at Easter time has been traced back to Egyptians, Persians, Gauls, Greeks and Romans, to whom the egg was a symbol of life.

In medieval times a festival of egg-throwing was held in church, during which the priest would throw a hard-boiled egg to one of the choir boys. It was then tossed from one choir boy to the next and whoever held the egg when the clock struck 12 was the winner and retained the egg.

Easter is now celebrated on the first Sunday after the full moon which happens on or after March 21, the Spring Equinox.

In Columbia, Easter is celebrated for a whole week. Wednesdays are called "Visitation Day" when people visit several different churches to see all the colorful displays.

WHEN SHOULD YOU CALL YOUR PODIATRIST?

YOU SHOULD CALL A PODIATRIST ANYTIME YOU EXPERIENCE PAIN, DISCOMFORT, OR NOTICE CHANGES IN YOUR FEET. USE THIS CHECKLIST TO HELP:

- ☐ You have persistent pain in your feet or ankles.
- ☐ You see changes in your skin or nails.
- ☐ Your feet are cracked, scaly, or peeling.
- ☐ You have blisters on your feet.
- ☐ Your toenail has gotten thicker and is causing pain.
- ☐ You experience heel pain accompanied by redness or numbness and tingling.
- ☐ You have diabetes or other diseases that affect the feet (gout).

Our Services

- Nail Problems / Ingrown Nails
- Heel / Arch Pain
- Hammertoes
- Bunions / Toe Deformity
- Neuroma / Warts / Forefoot Pain
- Foot / Ankle Injury: Fracture/ Sprain/ Foreign Body
- Plantar Fasciitis/Tendonitis
- Intowing/ Outtoeing/ Flatfoot
- Diabetic Foot Care
- Arthritis: Gout/ Rheumatoid
- Corns & Calluses
- Custom Orthotics
- Sports Injuries
- Shockwave Therapy (ESWT)
- Sterile Pedicure Spa
- Vascular Studies
- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis Using Tekscan
- Non Invasive Test For Nerve Damage
- Non Invasive Test For Pad & Circulation Problems and more!



Do Your Feet Hurt Almost Every Morning When You Get Out of Bed?
Is The Pain in the Morning Sometimes Sharp and Stabbing, but Lessens as you Begin to Move Around?

Do You Find Yourself Limiting Your Activity Because You Know Your Feet Are Going to Start Hurting?

PAIN IS NOT SOMETHING YOU HAVE TO LIVE WITH
GET THE ANSWERS YOU NEED FOR
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Call 1-888-398-9525 or go to AtlanticFeet.com to request your copy of "The Answer To Your Heel Pain". In this you you'll get all the answers that you need to live the lifestyle you want.

The call is free and so is the book.

