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ATLANTIC
foot & ankle
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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

MOTHER'S DAY & CINCO DE MAYO, OH MY!

MAY 2012

Stretch Those Feet!

People suffer from all sorts of foot pain, most commonly, plantar fasciitis, sometimes referred to as heel pain. However, with a little bit of simple stretching at the onset of plantar fasciitis, you can ease the pain almost immediately.

Unfortunately, many people do not get these simple-to-follow instructions in time for them to be most effective. But worry not, there are still plenty of ways you can treat that pesky plantar fasciitis.

Podiatric Treatments

- Padding and strapping • Orthotic devices • Injection therapy
- Extracorporeal Shock Wave Therapy • Night splint • Physical therapy

Strengthen Foot Muscles

Pick up towel for 2-3 minutes at a time. Repeat 2-3 times.



Plantar Fascia Stretch

Fill a small plastic water bottle with water and freeze. Roll bottom of foot on frozen bottle for 20 minutes. Wait 20 minutes before repeating. Repeat 2-3 times throughout the day.



Heel Cord Stretch

Sitting on the table or ground, hold your leg straight out in front of you. Loop a towel or belt around the ball of your foot, holding the ends with one hand. With knee slightly bent, steadily pull the towel or belt toward you to stretch your calf muscles. Hold for 30 seconds then relax, repeat 10-12 times, 2-3 times daily.



Mother's Day Spa Package

Mom's special day is a great time to remind her how much she is appreciated. A relaxing safe pedicure is a great way to celebrate her. She will enjoy a luxurious lavender foot soak and scrub; and her nails clipped and shaped to perfection. Her special time continues with a heavenly foot and leg massage. Stop by any Atlantic Foot & Ankle location to get your Mom a Spa Gift Certificate today!



GIVEAWAY!



The boys of summer are back! Yes it's baseball time again in Savannah so be on the lookout for contests and giveaways for Sand Gnats Box Seats! Make sure to like us on facebook at [Facebook.com/AtlanticFoot](https://www.facebook.com/AtlanticFoot) for a chance to win! Also, **Sand Gnats Ladies Night** is Thursdays, like us for discounted seats!

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!

Diabetic Recipe of the Month

Chimichurri Steak Wraps

Directions

Recipe from
DiabeticGourmet.com

1. Place parsley and garlic in food processor or blender container. Cover; process until finely chopped. Add oil, vinegar and salt; process just until blended.
2. Spread each tortilla evenly with Chimichurri Sauce, leaving 1/4-inch border around edge. Top with equal amounts spinach, bell pepper slices and beef slices on top two-thirds of tortilla. Fold bottom of tortilla up over filling. Fold right and left sides to center overlapping edges; secure with wooden picks; if desired.

Nutritional Information (Per Serving)

Calories: 340 **Protein:** 30 g **Sodium:** 410 mg

Cholesterol: 49 mg **Fat:** 16 g

Carbohydrates: 25 g **Sat. Fat:** 3 g **Dietary Fiber:** 3.7 g



Ingredients

- ~12 ounces grilled top sirloin steak, cut into slices
- ~ 3 cups fresh baby spinach
- ~ 1/2 large red bell pepper, cut into thin strips
- ~ 4 medium whole wheat tortillas (8 "to 10"dia.)

Chimichurri Sauce:

- ~ 1 cup fresh parsley leaves
- ~ 2 cloves garlic
- ~ 3 tablespoons olive oil
- ~ 1 tablespoon red wine vinegar
- ~ 1/4 teaspoon salt

WHAT!?!?

YOU DON'T HAVE TO LIVE WITH HEEL PAIN?



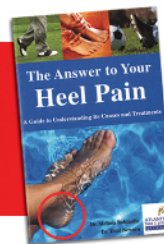
Do Your Feet Hurt Almost Every Morning When You Get Out of Bed?
Is The Pain in the Morning Sometimes Sharp and Stabbing, but Lessens as you Begin to Move Around?
Do You Find Yourself Limiting Your Activity Because You Know Your Feet Are Going to Start Hurting?

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 book you'll get all the answers that you need to live the lifestyle you want.

The call is free and so is the book.



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