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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

*Diligently Edited by Tonya Berlin-Hartman

September 2011

THE FOOTMAXX REVOLUTION

If you have received a pair of custom orthotics from Atlantic Foot & Ankle in the past month, you have already seen the newest in orthotic production technology. For those not fortunate enough to have received a new pair of orthotics, allow us to introduce you to the Footmaxx Metascan™.

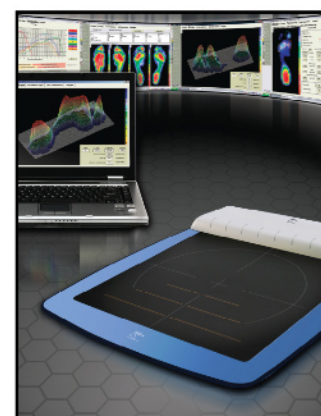
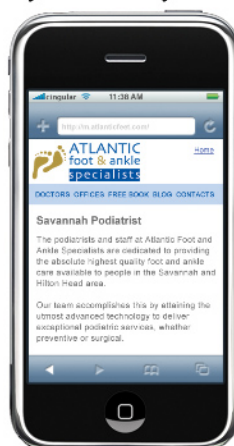
With this cutting edge device, it is now possible to analyze the patient's foot in a way previously unavailable. The Metascan™ pressure mat scans the stance phase of gait at 150 images per second. That's more than 20 times faster than the human eye! The eight key foot landmarks (lateral heel, medial heel, five metatarsal heads and the hallux) are accurately isolated and tracked throughout the stance phase of gait.

The Metascan™ generates a *Dynamic Gait and Pressure Analysis Report* containing 2D and 3D color images of the patient's footstep, data on kinetic pressure patterns during the stance phase of gait, and a conclusion describing any biomechanical abnormality detected as compared to normal gait values. These reports are used in conjunction with our Podiatrist's and Pedorthist's traditional orthotic creation methods to create a medical device that is without equal.

Our Certified Pedorthist, Demon Thompson, has been singing Footmaxx's praises. "The technology that Footmaxx offers provides me an invaluable diagnostic insight when it comes to creating orthotics for my patients. Patients seem to embrace the computer technology and the immediate results relating to their scanning process. The orthotics have been very precise, I have rarely had to return an orthotic for modification, which is very important to me." Thompson goes on to say "The Footmaxx system is unique in that it features the dynamic, static, and postural scanning modes. Many computerized orthotic scanning systems are able to do one or maybe two scan types, however, very few are able to do all three." Schedule an appointment today to see for yourself.

WE'RE MOBILE!

Atlantic Foot & Ankle is forging ever forward into the digital age. Our website is now optimized for viewing on all smartphones and tablet PCs. You can now find directions to every AFAS office, read information on our doctors, request a copy of our free book "The Answer to Your Heel Pain", read our blog and more! So what are you waiting for? Go now! <http://m.AtlanticFeet.com>



The Metascan Pad
with
Sample 3D & 2D reports

Back to School Shoes

Back to school time means new shoe time. But how can you ensure that the new pair will stand up to all the school day's fast paced activities? Simple, just follow our easy to use shoe buying guide "Operation New Shoes". You can find it on our Facebook page (Facebook.com/AtlanticFoot) our Blog (AtlanticFeet.com/Blog) or you can capture the QR code below on your smartphone.

Now Let's Go
Shopping!



Conservative Treatments:

Most foot or ankle problems can be treated with conservative methods as long as we catch the problems early enough. For that reason, we highly recommend people see a doctor at the first sign of a problem. Treating problems early usually results in conservative methods with less invasive, less expensive procedures that allow the injury to heal faster.

In addition to conservative treatment options, preventative treatment has shown to be much less painful and much less expensive. For example, you can buy shoes that don't fit you either because you don't want to spend the money or time getting a correctly sized shoe. However, if you develop bunions, hammertoes, ingrown toenails or one of the other many problems that can occur, then you have to spend time and money correcting the problem. First, surgery could be possible - resulting in loss of work time and possibly pay, then you're dealing with the pain.

Another great tool to ensure the most conservative treatment options is to take care of a problem as soon as it develops. Just like a bill - if you wait and wait to pay it, you will accrue interest and late fees and end up paying more in the end. The same applies to your health care. If you take care of the problem ASAP, there are much more conservative treatment options.

CONSERVATIVE TREATMENTS CAN INCLUDE:

- **Good Supportive Footwear**

Heel pain, hammertoes, bunions, ingrown toenails, Achilles tendonitis and more.

- **Custom Orthotics**

Most foot problems including heel pain, bunions, Achilles tendonitis & more.

- **Physical Therapy**

Sports injuries, heel pain, arthritis, Achilles tendonitis & more.

- **Extracorporeal Shock Wave Therapy (ESWT)**

Heel pain, Achilles Tendonitis, Plantar Fasciitis

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)
- Sterile Pedicure Spa
- Vascular Studies
- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis Using
- Non Invasive Test For Nerve Damage
- Non Invasive Test For Pad & Circulation Problems and more!

Testimonials

Kind words from real patients.

*"(I) went to 3 doctors before I found a true angel, Dr. Robitaille. I highly recommend her to anyone. The staff is phenomenal. I never dread going to the office. She is a true expert and personable. I have never been treated so well from any medical office as I have at Atlantic Foot & Ankle." **

- Regina B.
Savannah, GA

"Online paperwork is an awesome idea. Saved me tons of time. The staff was extremely friendly & the doctor was extremely helpful and knowledgeable. Hopefully I don't have to come back, but if anything ever happens to my foot again, I'd come back here. Thank you!"

- Jaime H.
Statesboro, GA

**review from Yelp.com*

If you would like to submit a testimonial you can go to AtlanticFeet.com and click on testimonials

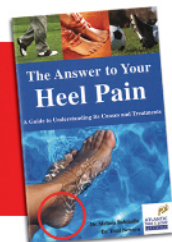


Do Your Feet Hurt Almost Every Morning When You Get Out of Bed?
Is The Pain in the Morning Sometimes Sharp and Stabbing, but Lessens as you Begin to Move Around?

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
FREE!

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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