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## MLS Laser Therapy Continues to Help Retail Employee Stay on Her Feet Pain-free

Unsuccessful treatment by other doctors of a painful lump on her left foot led Beth Scroggins to conduct an internet search and discover Westfield Foot and Ankle. Diagnosed with Morton's neuroma, Beth was tired of her aching, sore foot, visiting doctor's offices and spending money without getting any results.

As a retail employee, Beth is on her feet most workdays and she was having difficulty walking and exercising. "Because of the constant pain, it was getting to a point where I no longer wanted to keep up with my favorite exercise of fast walking."

She learned about MLS Laser Therapy on her first visit to the office. Upon arriving, she noticed a brochure and wondered if this revolutionary new technology would be able to help her painful foot condition which was affecting her everyday activities.



After being diagnosed by Dr. Sullivan with Morton's neuroma and metatarsalgia and learning that her condition qualified for MLS Laser Therapy, Beth knew that she wanted to try the treatment. "After Dr. Sullivan explained the procedure, how it was administered and the possible outcome; I was in!"

At Westfield Foot and Ankle, we use an M6 Dual Wave Class IV Laser, a Multi-Wave Locked System. Westfield Foot and Ankle is the only podiatry practice offering this painless, noninvasive and drug-free therapy in Hamilton and Boone Counties. MLS Laser Therapy was cleared by the FDA in 2009.

The MLS Laser uses specific wavelengths of light to treat painful or debilitating conditions such as peripheral neuropathy, plantar fasciitis, arthritis, tendonitis and more. The laser treats these conditions by penetrating deep into the tissue to stimulate regeneration at the cellular level and has been shown to speed healing time by 30 to 40%.

Beth has had continued success with the treatment she received three years ago. "Since having the MLS Laser Therapy, I continue to be pain free! I regularly exercise and I can complete my job without discomfort," said Beth. "It has given me so much more confidence in my walking and has made it easier to select a pair of shoes for the day and not have to worry about the comfort of that foot."

Because of the mechanics of the treatment and knowing that lasers are being used in more medical situations today, Beth would strongly recommend MLS Laser Therapy to anyone considering it for their foot or ankle condition. "The therapy itself is painless, noninvasive and takes just a few minutes in the office to complete. The results for me after just two treatments were great!"

## Westfield Foot and Ankle

16411 Southpark Dr., Suite B  
Westfield, IN 46074

Phone: (317) 896-6655

Fax : (317) 896-6081

## Office Hours

Mon: 9:00 a.m. - 4:30 p.m.

Tues: 9:00 a.m. - 6 p.m.

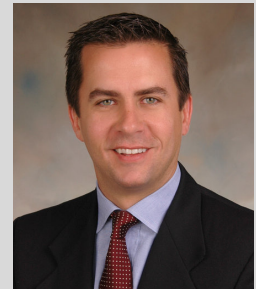
Wed: 8:30 a.m. - 3 p.m.

Thurs: 8:30 a.m. - 4:30 p.m.

Fri: 8:30 a.m.- 12 noon

Sat. & Sun. - Closed

## Meet Our Doctor



David R. Sullivan,  
DPM, FACFAS, FACCWS

[www.westfieldfoot.com](http://www.westfieldfoot.com)



# Keep Yourself Balanced During Fall Prevention Awareness Month

September is Fall Prevention Awareness Month, a month dedicated to discussing the risks associated with falls in our senior citizens. According to the National Council on Aging, falls are the "leading cause of fatal and non-fatal injuries in older Americans."

## Reasons Senior Citizens Fall

- Slipping in the shower.
- Wearing shoes that don't fit properly or don't have non-slip soles.
- Osteoarthritis making their joints less supportive.
- Atrophied muscles from lack of exercise.
- Waning vision.
- Medications with a dizzying side effect.
- Dangers in their own home such as rugs without non-slip surfaces on the bottom, lighting issues, no grab bars in the bath, electrical cords or other things that could cause someone to trip.

Often, elderly people fall when they've simply lost their balance. Even if you've slipped or tripped, your balance skills can help you from hitting the floor. An elderly person's reflexes might not be as good as when they were younger.

## Balancing Exercises to Prevent Falls

We recommend that you try some balancing exercises to help retain your balance and reduce your risk of falling. Have something nearby that you can grab, such as a chair, if you need to while practicing these exercises. A workout buddy also goes a long way with motivation and safety!



## Try These Exercises:

Practice standing up from a seated position in a chair without using your hands at all. Sit down again, then repeat. Stand on one leg and see how long you keep your balance then stand on the other leg. Try to increase the time you can balance on each. Shift your body's weight from one foot to the other. Sign up for a group exercise class that is designed to improve your balance. Tai Chi and yoga are great options.

Finally, keep up with your podiatry visits. Your feet and your ankles are your body's foundation and a relationship with your podiatrist goes a long way in keeping you balanced. If you notice your balance waning or any instability or pain in your feet or ankles, call us at 317-896-6655 or email our office at [appt@westfieldfoot.com](mailto:appt@westfieldfoot.com). Our office utilizes state-of-the-art diagnostic techniques and cutting-edge technologies to treat any foot or ankle woes.

## Be Sure to Use Your Diabetic Shoes or Orthotics Benefits for 2022



The end of the year will be here before we know it. Now would be a great time to make sure you have used your insurance benefits or any health funds that may be available to you for purchasing diabetic shoes and inserts or orthotics during 2022.

For patients with diabetes who have issues with their feet, Medicare will provide extra depth shoes and inserts.

Funds in a flexible spending account (FSA), health savings account (HSA) or a health reimbursement arrangement (HRA) can usually be used for diabetic shoes and inserts as well as orthotics. Check with your employer to confirm the eligibility of using your health funds and make an appointment with our office as soon as possible.



## Hit the Trails Safely



### Here are some easy ways to keep hikes safe:

- Wear supportive properly fitting hiking shoes or boots to protect toes from blisters and toenails from bruises. Tennis shoes aren't the best for hiking and lack the support needed for hiking on uneven, steep or slippery terrain.
- Condition and break in footwear before your hike.
- Wear moisture-wicking socks to protect feet from the cold and excessive sweating.

- Be familiar with the hiking route and know your options for accessing medical assistance.
- Carry some first-aid supplies, such as bandages and wraps to help protect and stabilize injured feet and ankles.

If you suffer a severe injury while on a hike, go to the nearest emergency room for treatment. For less emergent injuries or for follow up care, call our office for an appointment.



*Information courtesy of the American College of Foot and Ankle Surgeons*

**Good to know...** Dr. David Sullivan is a board-certified wound specialist and can perform in office procedures such as wound care, biopsies, skin grafts, ingrown toenail removal, etc. Having patients come to our office vs. a hospital setting can help relieve the hospital resources as well as minimizing patient exposure.

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