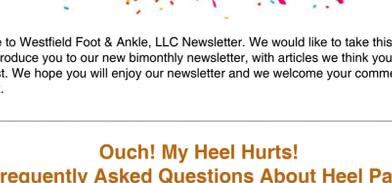


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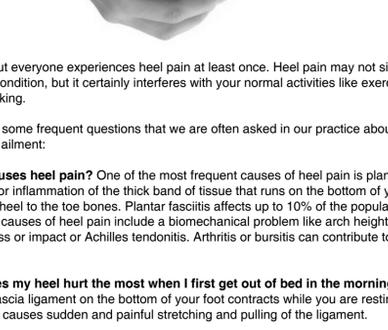
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Welcome



Welcome to Westfield Foot & Ankle, LLC Newsletter. We would like to take this opportunity to introduce you to our new bimonthly newsletter, with articles we think you will find of interest. We hope you will enjoy our newsletter and we welcome your comments and feedback.

Ouch! My Heel Hurts! Frequently Asked Questions About Heel Pain



Just about everyone experiences heel pain at least once. Heel pain may not signal a serious condition, but it certainly interferes with your normal activities like exercising and even walking.

Here are some frequent questions that we are often asked in our practice about this very common ailment:

What causes heel pain? One of the most frequent causes of heel pain is plantar fasciitis, or inflammation of the thick band of tissue that runs on the bottom of your foot from the heel to the toe bones. Plantar fasciitis affects up to 10% of the population! Other common causes of heel pain include a biomechanical problem like arch height, repeated heel stress or impact or Achilles tendonitis. Arthritis or bursitis can contribute to heel pain too.

Why does my heel hurt the most when I first get out of bed in the morning? The plantar fascia ligament on the bottom of your foot contracts while you are resting. Standing causes sudden and painful stretching and pulling of the ligament.

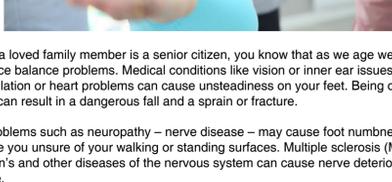
Who is most at risk of heel pain? Women have plantar fasciitis more often than men, perhaps because of poor shoe choices like high heels. Those who are overweight or who stand for several hours each day, individuals with either flat feet or a very high arch, as well as those who wear worn out shoes with thin soles are at increased risk of heel pain.

What kind of treatment is available for heel pain? If you suffer from heel pain, please come visit us for an accurate diagnosis and the right treatment for your problem. Our treatments include nonsteroidal anti-inflammatory drugs (NSAIDs) to reduce inflammation; a steroid injection to relieve both pain and inflammation; rest and icing the painful area; physical therapy for stretching and strengthening exercises and massage. If your pain persists, we may recommend more intense treatments and even surgery.

Can heel pain be prevented? A few lifestyle changes can help plantar fasciitis from recurring. If you are overweight, lose weight to reduce the pressure on your feet. Avoid wearing high heels – instead, choose sturdy shoes with good support. Stick to low-impact workouts like swimming and biking instead of running. Stretch your calves and the bottom of your feet frequently. Even sleeping with your bedsheet untucked will allow your feet to stretch out at night!

You don't have to suffer with heel pain – we have the solution! Please call for an appointment during our convenient office hours – we can help!

Tips for Helping Seniors Regain Their Balance



If you or a loved family member is a senior citizen, you know that as we age we may experience balance problems. Medical conditions like vision or inner ear issues, arthritis and circulation or heart problems can cause unsteadiness on your feet. Being out of balance can result in a dangerous fall and a sprain or fracture.

Other problems such as neuropathy – nerve disease – may cause foot numbness that can make you unsure of your walking or standing surfaces. Multiple sclerosis (MS) or Parkinson's and other diseases of the nervous system can cause nerve deterioration over time.

No matter what your age, there are some simple steps you can take to improve your balance:

Exercise to Improve Your Balance and Strength

- Tai chi improves balance while it relieves stress.
- Stand on one foot for 10 seconds while holding onto a chair. Repeat 5 times and then use your other foot.
- Try walking in a straight line looking ahead of you, not down at your feet. Place your heel directly in front of your toes.
- Stretch your arms out to the side while looking at a spot ahead of you. Walk toward the spot, lifting your back leg and pausing briefly with each step. Repeat 10 times, then alternate legs.

Choose Your Footwear Wisely

Always wear sturdy shoes that fit well. Do your shoes pass the 1-2-3 test?

1. Are the sides of the heel firm when pressed?
2. Is the toe area flexible but not too flimsy?
3. Can you twist the shoe while holding the heel and toe – but not too much?

If your shoes fail this test, it's time to update your shoe wardrobe! Invest in your balance and safety by choosing good quality, sturdy shoes. We can help assess both your foot health and walking style so you can choose the right shoes.

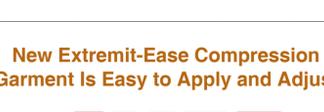
Dr. Sullivan's Blog Corner



The Most Gratifying In-Office Foot Procedure

My favorite thing to see as a doctor is for a patient to get better quickly without hassling with rehab, a long post-op recovery, physical therapy, time lost from work etc. While taking a patient to the OR is often a necessary evil, I believe that it can be avoided much more often. I believe in addressing a patient's main problem and fixing that problem as efficiently as possible. [Read More...](#)

Now Offering ARPwave Neuro Therapy for Foot and Heel Pain



Pain does NOT have to be a way of life for you! We can now help you with ARPwave Neuro Therapy, a nonsurgical solution. Our non-invasive ARPwave Neuro Therapy treats the neurological origin of pain.

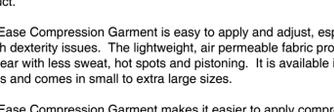
This patented therapy promotes and accelerates recovery from muscle injuries, preventing surgery and post-surgical rehabilitation. Plantar fasciitis and Achilles tendonitis are two of the chronic conditions that can be treated with ARPwave technology. The therapy is performed in our office.

The ARPwave treatment works on the principle that joint problems, tendonitis, tears, sprains, fractures or repetitive task injuries are caused by muscles not properly absorbing force. When individuals or athletes become tired and fatigued, their muscles shorten, limiting their ability to absorb force from physical activity. ARPwave technology keeps the muscles relaxed and allows them to absorb much more force.

ARPwave Neuro Therapy is available to all ages and is used by many professional athletes such as former Indianapolis Colt Dwight Freeney. The ARPwave Neuro Therapy system can help you move freely without pain and improve your quality of life.

Don't delay! Contact us as soon as possible if you have any foot, heel or ankle pain. Dr. Sullivan will make an accurate diagnosis and start the best treatment for your specific situation right away.

New Extremity-Ease Compression Garment Is Easy to Apply and Adjust



If you suffer from mild to moderate swelling from lymphedema, chronic venous insufficiency, acute postoperative edema or swelling disorders, we now offer the Extremity-Ease Compression Garment. This new compression garment offers the latest in compression therapy and made the 2017 Podiatry Today Top 10 List as a new innovate podiatry product.

The Extremity-Ease Compression Garment is easy to apply and adjust, especially for individuals with dexterity issues. The lightweight, air permeable fabric provides comfortable wear with less sweat, hot spots and pistoning. It is available in both regular and tall lengths and comes in small to extra large sizes.

The Extremity-Ease Compression Garment makes it easy to apply compression therapy, reduces edema and improves wound care outcomes. Call our office today to learn more about how this innovative new product can help you with swelling issues.

Recipe of the Month Beet and Goat Cheese Arugula Salad



This gourmet salad has colors, flavors and textures that will complement most any meal and will become a staple for any family gathering or special occasion.

Ingredients

- 1/4 cup balsamic vinegar
- 3 tablespoons shallots, thinly sliced
- 1 tablespoon honey
- 1/3 cup extra-virgin olive oil
- Salt and freshly ground black pepper
- 6 medium beets, cooked and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted, coarsely chopped
- 1/4 cup dried cranberries or dried cherries
- 1/2 avocado, peeled, pitted, and cubed
- 3 ounces soft fresh goat cheese, coarsely crumbled

Directions

Line a baking sheet with foil. Preheat the oven to 450 degrees F.

Whisk the vinegar, shallots and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough dressing to coat. Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.

Toss the arugula, walnuts and cranberries in a large bowl with the salad vinaigrette to coat. Season the salad, to taste, with salt and pepper. Mound the arugula atop 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and goat cheese, and serve.

Recipe courtesy of Giada De Laurentiis

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History FootNote

President Abraham Lincoln depended on his foot doctor for relief from chronic foot pain as well as backache.

Celebrity Foot Focus

The Academy Awards audience roared when Tiffany Haddish and Maya Rudolph refused to wear their uncomfortable shoes and instead presented their awards while barefoot.

Foot Funnies

It's easy to learn podiatry – the manuals all have footnotes.

Trivia

Our feet are bigger at night. True or false?

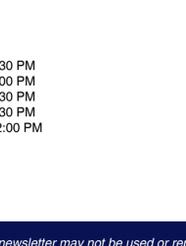
Answer: **True**

After spending the whole day walking, running, or jumping around, our feet have swollen by as much as half a shoe size by the end of the day. This is why it is recommended that you buy shoes late in the day, when your feet are at their largest.

Follow us...



Meet Our Doctor



David R. Sullivan, DPM, FACFAS, FACCS

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Phone: (317) 896-6655

Office Hours

Monday : 8:30 AM - 4:30 PM
Tuesday : 9:30 AM - 6:00 PM
Wednesday : 8:30 AM - 4:30 PM
Thursday : 8:30 AM - 4:30 PM
Friday : 8:30 AM - 12:00 PM
Saturday : Closed
Sunday : Closed

www.westfieldfoot.com

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