
TOE-DAY'S NEWS

BY RICHARD C GALPERIN DPM

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Patient Success Story of the Month

Orthotics

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A Division of Podiatric Medical Partners of Texas (PMPT)

When will I get Better??

A wonderful female patient came to us complaining about pain in both feet. She was frustrated because she had been to several other podiatrists and did not seem to get better. Even though she was diagnosed and treated for her symptoms, she did not feel that it helped. She'd undergone a number of injections for her heel and arch pain, placed on anti-inflammatory oral medications, and had been given custom-made orthotics. In her attempt to follow directions, she created ways to apply the inserts even to sandals.

She presented to our office with a long history of

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Tonya, Edith, Sandra, Dr Raza!

Health & Wellness Fair

In association with Methodist Dallas Medical Center; the American Diabetes Association; and Dallas Parks & Recreation Services

Tonya Hughes, Practice Manger

A Division of Podiatric Medical Partners of Texas (PMPT)

In September, our office, and Nail MD, had the opportunity to participate in not one, but two community events. On the same day no less. On Saturday, 09/30/2017, Methodist Hospital; the American Diabetes Association; and the Dallas Parks & Recreation Services department put on their annual Health & Wellness Fair at the recreation center on Canty Street, just down the road from us. We got to wear our matching Podiatry t-Shirts. There was music, and dancing; a food truck and snow cones; and a ton of vendors. If you missed it this year, try to attend next year – it was a really nice turn out & lots of fun.

Then, Nail MD was able to attend the NTLAPA Charity Golf Tournament in Coppell. They were able to meet several doctors on the 7th hole of the golf course. Those doctors went crazy over the Vionics shoes.

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How Custom Orthotics Can Change Your Life

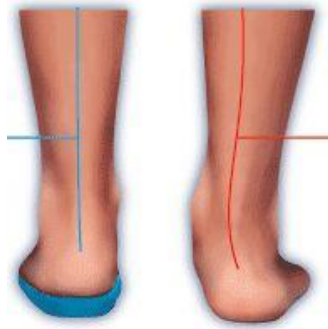
When part of an encompassing treatment plan, you can put an end to foot pain and discomfort

These aren't your over-the-counter "foot pillows", or "Stand on a Scale" pre-fabricated devices that you grab off the rack at your local drug store.

These are medical prescription devices that have the ability to change the way you walk and ease your pain.

Did you know Orthotics have been helpful for:

- Stabilizing your foot after a fracture or injury
- Reducing microtrauma resulting in thick nails
- Pronation of the foot
- A coordinated treatment plan for ankle sprains/strains
- Reducing painful corns and callus under your feet
- Helping knee, hip and back pain
- Helping both high arch and low arch/flat feet



Every day as we walk on hard flat surfaces, our bodies are subjected to many stresses and strains, often resulting in pain and discomfort in the lower limbs, hips, and back. Because hard surfaces offer no support to the arches of the feet, our feet tend to roll inwards causing the arches to flatten.

As our feet, ankles, legs and back try to compensate for pronation, our bones and muscles are thrown out of alignment causing many complaints including: Shin Splints - Foot Pain - Knee Pain - Hip Pain - Lower Back Pain - Tired, Aching Legs - Plantar Fasciitis, Heel Spurs, the list goes on.

When made correctly, the orthotic is designed to keep your foot in a neutral position thus allowing equal distribution of weight throughout the foot and avoid high pressure areas that result in callus pain.

What makes these unique is the process. We start with a biomechanical evaluation that would determine range of motion, of your foot and ankle in a non-weight bearing position. A second portion of the evaluation is performed while standing. This is the best way to determine the relationship of your knees and how weight changes the positioning and posture of your foot while standing. This information makes up your prescription. Finally a mold of each foot similar to capturing your sand print is taken placing your foot in a neutral position. This is the way your foot should hit the ground. Areas of concern such as painful callus can also be marked into the cast for deflection.

The impressions and Rx are sent to a lab and are then processed. This includes creating plaster molds of your feet. The technicians evaluate your molds and look to correct any abnormalities; and balance them to maintain your foot in the proper position when standing and walking.

The difference can be felt almost immediately when first worn. In most cases we expect there will be a period of transition as your foot, leg muscles, and body become acquainted with the new environment.

Our custom fitted orthotics will be designed only for you! Our thorough assessment and evaluation are aimed to identify the causes of your pain. When worn, they will relieve pain and discomfort by correcting your body's alignment at its foundation – your feet.

Book your assessment and orthotics fitting today! When made properly... you won't leave home without them!!

Special of the Month:

\$10 off

Custom-Fitted Orthotics



Use Code CFO

Offer Expires

10/31/2017



Health & Wellness Fair

(continued)

Come Get Your Give-Aways

Do you attend Health Fairs? There's always a lot of free give-aways. We try to give out cool stuff. Plus, if it's a Health Fair, you have an opportunity to get free exams & free advice.

We have one more fair this year, on Saturday 10/14/2017 in Cedar Hill (see Calendar of Events on Page 4.) Wish you could all come out and visit with us.

Speaking of fairs, are you going to the Texas State Fair? Going to get some corny dogs and ride some rides? If so, make sure to wear comfortable, supportive shoes. You're going to be doing a lot of walking. Wish you had your orthotics already? ☺

Stay healthy & well out there!

Did you know that you can get your old orthotics refurbished for as little as \$45??

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Patient Success Story of the Month (continued)

"tried-and- failed" treatments. She even brought a bag of shoes that she thought would help... but didn't.

Her chief complaint was unresolved heel and arch pain. It is really a challenge to win over somebody's confidence when they have been disappointed in the past. So, we started with a review of what went wrong. A review of the shoes determined that there could be some recommendations for changes or modifications which would help stabilize her feet when standing and walking. Next, we were able to introduce to her, a new mode of treatment, called EPAT. This is a noninvasive shockwave treatment that is performed in the office and virtually painless and without side effects or complications. In addition, by evaluating her previous orthotics, we could make substantial modifications in design, accommodations and posting. In combination with her new shoe wear, and custom orthotics, after we saw her for her first month evaluation, she was extremely pleased. And, we have to say that we had success!

#TrueStory

CALENDAR OF EVENTS

COUNTRY DAY ON THE HILL

CEDAR HILL - ON THE SQUARE

SATURDAY 10/14/2017 TIME 9:00AM – 6:00PM

We will once again be participating in the 80th Annual Country Day on the Hill in Cedar Hill. Our booth is always in front of Babe's Chicken. Come out and see us. We will have Nail MD specials – and we always have little giveaway gifts!

Office Training:

We strive to maintain an efficient office, and participate in training throughout the year. We will be attending a conference by our electronic medical records company – **eClinicalWorks National Conference 10/06/2017 – 10/09/2017** in Southlake, in an effort to learn stream-lined procedures & documentation and patient safety.

Congratulations to the winner of a free pair of Vionics Shoes at the To Your Health! – Health and Wellness Fair in Kidd Springs Park on Saturday 09/30/2017

Juanita Sharpless

Keep an eye out for your next opportunity to enter one of our drawings!!



Office Hours:

Monday:	9:00am – 12:00pm	-	1:00pm – 6:00pm
Tuesday	8:00am – 12:00pm	-	12:30pm – 4:30pm
Wednesday	8:00am – 12:00pm	-	12:30pm – 4:30pm
Thursday	9:00am – 12:00pm	-	1:00pm – 6:00pm
Friday	8:00am – 12:00pm	-	1:00pm – 4:30pm
Saturday	Closed		
Sunday	Closed		



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A Word from One of our Patients:

"I had been having pain on the side of my foot for months and was getting worse with pressure from my work boots.

Dr. Galperin's office made me a pair of custom orthotics with a hole where the pressure was and immediately I felt relief in that spot."
By "B"