



FOOT FOCUS

July 2015

MEET THE DOCTORS

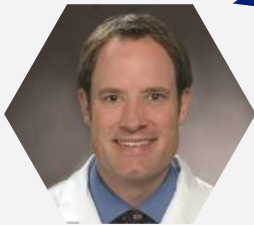
"My favorite ice cream is Jeni's Ice Cream. Any flavor. There's absolutely nothing better, but unfortunately the closest location is in Charleston."

-Dr. Hatcher



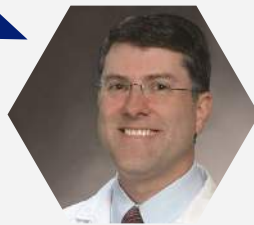
"The secret to a good ice cream sundae: salty, crunchy peanuts! And chocolate sauce, of course."

-Dr. Woelffer



"My favorite ice cream is cookies and cream."

-Dr. Boehm



"My favorite ice cream flavor is strawberry!"

-Dr. Meyers



CHOOSE THE RIGHT SHOES

Did you know that the wrong shoes can cause problems with your feet?

Everybody loves shoes that look great, whether they're high heels, stylish dress shoes, or the latest sneakers. But shoes that are too tight or that have high heels can actually cause injury to your feet. Take steps to avoid injury by doing the following:

- Wear shoes with a lower heel: it will help you keep your balance.
- Choose a shoe that suits your activity level—if you're going out for a run, choose a running shoe with good cushioning and arch support.
- Don't wear old shoes! After significant use, the support in your shoes wears away. If your shoes are falling apart, they're not the right choice.
- Wear the right size shoe. The shoe shouldn't be too tight. Nobody's toes like to be squeezed into a tiny toe box!



Improperly fitting shoes can lead to injury and conditions like plantar fasciitis, ankle sprains and strains, Achilles tendinitis, and a whole host of other problems.

Do you suffer from foot, heel, or ankle pain? Give the doctors at Raleigh Foot & Ankle Center a call today for an appointment. We'll help you get back on your feet!

PRODUCT OF THE MONTH

Leather Shoe Inserts

DO YOU SUFFER FROM PAIN IN YOUR HEELS OR ARCHES?

Shoe Inserts can help relieve your pain!



Inserts are available in men's and women's sizes, and are made with a luxurious leather cover that conforms to the shape of your foot.

Full-length sole inserts help to alleviate pain from plantar fasciitis (heel pain), arthritis or joint pain, and foot sprains and strains.

We also offer inserts with metatarsal padding, which can ease pain in the ball of the foot, neuro-
ma, arthritis pain, and calluses.

Check out our online store at www.raleighfootstore.com or come into our office to get your leather shoe inserts today!

EMPLOYEE INSIGHT

Tammy's Aunt Toots' Blueberry Pie

"A great family recipe, passed down from a baker."

Crust:

1 cup + 1 tbsp. All-Purpose Gold Medal Flour	1/2 tsp. salt
1/3 cup cold shortening	3 to 5 tbsp. ice-cold water
Medium mixing bowl	Rolling pin
	Pastry blender or fork

Blueberry Filling:

1 cup fresh picked blueberries	1-1/4 cup water
	3/4 to 1 cup sugar to taste
	2-3 tbsp. cornstarch

1. Mix flour and salt in the medium bowl. Cut in the shortening, using the pastry blender or fork, until the mixture forms coarse crumbs the size of small peas. Sprinkle with the water, 1 tablespoon at a time, tossing with a fork until all the flour is moistened.
2. Form the dough into a ball and flatten on a lightly floured surface. Using the floured rolling pin, roll the pastry on lightly floured surface into a circle 2 inches larger than upside-down 9-inch glass pie plate.
3. Place dough into the plate, pressing firmly against the bottom and side and being careful not to stretch the pastry, which will cause it to shrink when baked.
4. Pre-bake the crust at 400-500 until lightly browned.
5. Cover the bottom of the cooked crust with fresh blueberries. Take 1/4 cup of cold water and mix with 2-3 tablespoons of cornstarch and set aside. Put 1 cup of water and chosen amount of sugar in pot on stove and bring to a boil. Add a cup of blueberries and bring to a boil until slightly thickened. Pour in water/cornstarch mixture, continually stirring until desired thickness. Pour blueberry mixture into crust, cool, and enjoy!



Why couldn't the hikers cross the footbridge?

It had fallen arches!

DEL BIANCO RUN FOR LIBERTY 5K

Raleigh Foot & Ankle Center had a blast at the Del Bianco Run for Liberty 5K this June



This past month, Del Bianco Prosthetics and Orthotics hosted their third annual Run for Liberty 5K and 1-Mile Fun Run. The race is put on each year in support of the Amputee Coalition, a group that helps support people with limb loss. Raleigh Foot & Ankle Center went out to the race to represent our support for Del Bianco Prosthetics and Orthotics and the Amputee Coalition.

The race was a huge success: the runners did an excellent job, the rain held off, and no major foot or ankle injuries occurred! There was live music, food, and plenty of fun all around. We are already excited for next year's race, and are looking forward to the next event we participate in.

Want to hang out with us at the next event? Check our Facebook page to stay up-to-date with what we're up to!

For more information about Del Bianco Prosthetics and Orthotics, check out www.delbiancoppo.com.

Get Social With Us

Follow, like, or review!



FIND OUT WHAT OUR DOCTORS ARE UP TO ON OUR BLOG!

FIND IT AT WWW.RFACNC.COM/BLOG

Raleigh Foot & Ankle Center will be closed Friday, July 3 in observance of Independence Day.

Have you heard about our online store?

Order your over-the-counter foot and ankle products from the comfort of your home! Everything you need to care for your feet can be delivered to your door, without taking a single step out of the door.

Visit www.raleighfootstore.com.

HEEL PAIN GOT YOU DOWN?

Plantar fasciitis is a pain, but don't let it drag you down. Get back to doing what you love!

Plantar fasciitis is the inflammation of a ligament in the bottom of the foot. It is the number one cause of heel pain. There are a number of treatments available for plantar fasciitis, including:

- Custom orthotic shoe inserts,
- Anti-inflammatory medications,
- Cortisone injections,
- Stretching and icing techniques and physical therapy,
- And in extreme cases, surgery.



Have you heard about Shockwave Therapy?

Shockwave Therapy* is an FDA-approved in-office procedure that treats heel pain. The procedure is non-invasive, which means no cutting of the skin. It is a quick procedure that is performed in our office so that you can get back to work and business as usual without any down time. Shockwave Therapy is also used to treat Achilles tendinitis, stress fractures, and pain in the ball of the foot.

The doctors at Raleigh Foot & Ankle Center have seen a lot of success with this treatment. Visit our website to learn more about Shockwave Therapy and to see if it is right for you.

Visit our website for more information, or call our office at (919) 850-9111 to make an appointment with one of our foot and ankle doctors today.



**Shockwave Therapy is not covered by insurance. Visit our website for full details.*



Raleigh Foot & Ankle Center

*Always accepting
new patients.*

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Raleigh Foot & Ankle Center
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