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New...MLS Laser Therapy, \$50 Gift Card Giveaway, Flip-Flops and Plantar Fasciitis, Deal of the Month

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NEW MEXICO Foot & Ankle INSTITUTE



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Flip-Flops and Plantar Fasciitis



Could those comfortable summer slip-ons be causing heel pain?

Flip-flops, once relegated to gym locker rooms, the beach, and poolside areas, are showing up on summertime feet everywhere these days. But most of these thin-soled rubbery sandals do little to support your foot—especially at the arch. And that lack of support can cause a painful condition known as [plantar fasciitis](#).

Plantar Fasciitis: A Pain in the Heel

Wearing flip-flops regularly can stretch and strain the fascia, a sheet of tissue that connects your heel bone to the base of your toes. That can cause heel pain, which can be severe, especially as you take your first steps out of bed in the morning or when walking for an extended



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Commonly Treated Conditions:

- Arthritis & Bursitis
- Repetitive Motion Injuries
- Sprains & Strains
- Post-Surgical Swelling
- Tendon & Ligament Injuries

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Foot & Ankle

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Reduce inflammation.
Speed Recovery.*

**Benefits of
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period of time. Over time, you may even develop a heel spur—a painful calcium deposit that can form if plantar fasciitis goes untreated.

Other Footwear That Causes Plantar Fasciitis

Plantar fasciitis, which is the most common cause of heel pain, can also crop up in those who wear other types of thin-soled footwear such as ballet flats. The reason? The lack of proper cushioning can inflame the area under the balls of your feet.

Coping With Plantar Fasciitis

Usually rest, stretching, and strength-training exercises for your feet, and wearing an [over the counter or custom orthotic](#) that supports your heels will ease the pain.

You should also skip the flip-flops and opt instead for supportive shoes with thick soles that cushion the bottoms of your feet. This protects the fascia under your heel from damage when your foot strikes the ground with each step.

When It's Not Plantar Fasciitis

While plantar fasciitis is the most common cause of heel pain, the discomfort can have other causes. For example, stepping on a stone or other hard object can bruise the fat pad under your heel. Pain behind your heel could result from an inflamed [Achilles tendon](#)—often caused by doing a lot of running or walking. High heels can also cause heel problems by shortening the Achilles tendon, which connects your heel bones to your calf muscles. Stretches, the heel insert mentioned above, supportive shoes, and intermittently icing the painful tendon can ease this ache.

Custom Orthotics Can Save You from Foot Pain



- Non-Surgical Treatment
- No Negative Side Effects
- Rapid Results Speeds Healing Process

MLS Laser Therapy Treats

- ~Arthritis & Bursitis Pain
- ~Sports Injuries
- ~Sprains & Strains
- ~Occupational Injuries
- ~Repetitive Motion Injuries
- ~Post-Surgical Swelling
- ~Heel Pain
- ~Tendonitis

Relief

When a physical condition or injury affects mobility or quality of life, there is one goal: A rapid return to every day activities.

We are proud to be on the medical technological forefront by offering [MLS Laser Therapy](#). We have invested in the very best technology as a key component of our continuing quest to offer you the finest in health care.

MLS Laser therapy has been cleared by the FDA and proven

With [custom foot orthotics](#) from New Mexico Foot & Ankle Institute, you can finally get relief from chronic foot pain.

Custom foot orthotics, which are similar to insoles, are great for a number of issues such as general foot pain, [hammer toes](#), [bunions](#), arch pain and [heel pain](#). But custom foot orthotics can help you with much more than foot problems — they can even help with problems throughout your body, like pain in your legs, knees, hips and even your back.

How can custom foot orthotics help with so many issues? Well, when you consider what your foot is made of, it becomes clear. Feet have 52 bones and 66 joints. Together, these bones and joints are held together by several muscles and ligaments in a rather complex fashion when compared to other parts of your body. Should something go wrong with one of these muscles, ligaments, joints or bones, the result can be pain you'll notice in your day-to-day life.

Your custom foot orthotics can get your feet into alignment and reduce the strain your body faces by correcting your foot imbalance.

For much more about custom foot orthotics and how they can help you, be sure to contact us today. You can reach us by phone at 505-880-1000 or visit our website at nmheelpaincenter.com.



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What is Laser Therapy?

Laser Therapy is the use of specific wavelengths of light to treat painful and debilitating conditions.

How does it work?

Light energy enters the damaged cells and stimulates inter-cellular activity. This reduces pain in the area and speeds recovery of the damaged cells. Once the cells recover, the healing process is complete.

What can I expect during a treatment?

MLS Laser Therapy is a painless treatment that lasts an average of 8 minutes. You may experience a comfortable sensation at the point of application.

What can I expect after the treatment?

Most people experience positive results in 1 to 3 treatments, with the

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OUR DOCTORS



[Dr. Nathan Ivey](#)



[Dr. Jonathan Williamson](#)



[Dr. Justin Ward](#)

DOCTORS OF PODIATRIC MEDICINE (DPM) ARE PODIATRY PHYSICIANS AND SURGEONS, ALSO KNOWN AS

average course of treatment being 7 to 10 sessions. Swelling is greatly reduced and there is a rapid relief of pain. Acute conditions usually subside quickly, typically within one phase of treatments, while chronic conditions can be controlled with regular treatments.

The effects of MLS Laser Therapy are cumulative; therefore, expect to see improvement as you proceed through your treatment plan. It is critical that once you start, you complete the course of treatments recommended by your doctor or symptoms are likely to reoccur.

MLS Laser Therapy effectively treats:

- Tendon & ligament injuries
 - Sore muscles, muscle strains & tears
 - Degenerative joint conditions
 - Neurological & general pain & bruising
 - Musculoskeletal disorders
 - Pre & post-surgical treatment
 - Anti-inflammation applications
 - Specific neurological conditions
- Benefits of MLS Laser Therapy

PODIATRISTS, QUALIFIED BY THEIR EDUCATION, TRAINING, AND EXPERIENCE TO DIAGNOSE AND TREAT CONDITIONS AFFECTING THE FOOT, ANKLE, AND RELATED STRUCTURES OF THE LEG.

- Rapid relief of pain
- Strong anti-inflammatory effect
- Timely healing of sprains & strains
- Rapid recovery of the structural integrity of injured region
- Rapid resolution of swollen areas
- Immediate improvement of local blood circulation
- Rapid repair of superficial injuries, such as wounds and ulcers

PROUD MEMBERS/SUPPORTERS



The Wave of the Future in Pain Management



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