


[Suffering from Heel Pain?](#), [Summer Feet Tips](#), [Deal of the Month](#)

# NEW MEXICO Foot & Ankle INSTITUTE

 [Friend on Facebook](#)

 [Follow on Twitter](#)

 [Forward to a Friend](#)



Spring being a  
tough act to  
follow, God  
created June.

Al Bernstein



One flag, one land,  
one heart, one  
hand, one nation  
evermore.

Oliver Wendell Holmes

## Suffering from Heel Pain?

Patients with Chronic Plantar Fasciitis  
can benefit from Extracorporeal Shock  
Wave Therapy



[Extracorporeal shock wave therapy \(ESWT\)](#) may relieve symptoms of patients suffering from chronic [plantar fasciitis](#), a common condition causing prolonged pain and discomfort along the bottom of the foot and heel.

The plantar fascia is a long, thin band of connective tissue that supports the arch like a bow string. Too much pressure on the ligament, especially with inappropriate footwear and during sports and exercise, can damage or tear the tissue causing inflammation, heel pain and stiffness. An estimated 2 million Americans suffer from this



What makes a real dad  
God took the strength of a  
mountain  
the warmth of a summer  
sun  
the calm of a quiet sea  
and  
the generous soul of  
nature  
satisfied He called  
it....dad

---

## WHAT'S AFOOT?



---

We are so proud of Lily  
and Amber who each  
graduated with their  
Medical Assistant  
Certificate.

condition each year. For most patients, the condition subsides within 10 months with rest, ice, stretching exercises, over-the-counter pain medication, supportive shoes, physical therapy, cortisone injections, and/or orthotics. More recently, extracorporeal shock wave therapy (ESWT), a non invasive procedure that uses pressure waves to trigger healing, has been used to treat more severe cases, before surgery.

We have seen significant reductions in pain levels after treatment in both activity and first step down in the morning.

Extracorporeal shock wave therapy (ESWT) is effective in the treatment of chronic, recalcitrant cases of plantar fasciitis, and the advantage of this treatment is that it is non-invasive and that patients can continue with normal shoes and normal light impact activity in most cases throughout the treatment.

## What Is Extracorporeal Shock Wave Therapy?

Extracorporeal means "outside the body".

Extracorporeal Shock Wave Therapy is a treatment method that applies acoustic energy to the heel tissue from outside the body.



## What Is Proximal Plantar Fasciitis Or Chronic Heel Pain?



Lily



Amber

We have a wonderful staff!

---

### Our Doctor Store

Did you know we have a store on our website? You can shop by Brand, Condition & Product Type. Follow the link below and see the selection.

### [Our Doctor Store](#)



---

Health &

Proximal Plantar Fasciitis is the inflammation (irritation or injury to tissues) of the plantar fascia. Proximal means nearer to the heel of the foot. The plantar fascia is a tight band of fibrous tissue which begins at the heel, travels across the arch, and ends at the ball of the foot. The inflammation (irritation or injury to tissues) and pain is most often felt at the inner part of the heel and may extend into the arch.

## What Causes Chronic Heel Pain?

Chronic heel pain is usually the result of repetitive over-use and over-loading (running, walking and standing) of the foot causing thickening of the plantar fascia, loss of elasticity and decreased blood flow to the tissue.

## Shockwave Treatment vs. Surgery... the choice is yours

ESWT	vs.	Surgery
Non Invasive		Invasive
In office treatment		Most commonly performed in surgery center or hospital
25 minute treatment session		Procedure time 1-3 hours
Less painful than surgery		Post-surgery pain treated with narcotics
Zero to a few days recovery time		3-4 weeks recovery time

## Wellness Expo's in May

We had the privilege of being a guest at the following Health & Wellness Fairs:

- Vestido Rojo Hispanic Women's Conference hosted by the American Heart Association on May 2nd
- Don Chalmers Health & Wellness Fair on May 6th
- US Army Corp of Engineers Health & Wellness Fair on May 21st
- Sandia Casino Wellness and Health Fair on May 21st
- Silver Elite presentation at the Lovelace Woman's Hospital on May 29th



Thank you to everyone that takes the time to visit with us!

---

Return to work same day    Time off from work for recovery



## After the Shockwave Treatment

Results from the treatment may be immediate or may take some time. After treatment you will be evaluated by your physician again. Your physician may ask you to return 3 weeks or more after your treatment to assess the effectiveness of the treatment.

---

## Over the Counter Products

[Click here](#) to go to our Over the Counter Product List on our website. Below is a list of products we carry for your convenience to treat plantar fasciitis (heel pain):

- Arch Steppers
- BioFreeze
- Foot Rubz
- Icy Feet



- Strutz Rx
- Ultra Flexx

If you think you have plantar fasciitis (chronic heel pain), or would like more information about Extracorporeal Shock Wave Therapy, please give us a call at 505.880.1000 to schedule a consultation.

We take care of your feet....  
so they'll take care of you!

---

We are still collecting for [Locker #505 Student's Clothing Bank](#) which benefits all students (K-12) in Bernalillo County.

Go through your closets and find all the shoes you no longer wear and drop them in the boxes provided in our offices!

**Shoes we accept:** All gently worn, paired men's, women's and kids shoes that are still reusable and re-wearable! That means no holes in the soles, nothing wet, mildewed or torn. This includes athletic shoes, dress shoes, casual shoes, timberland type work boots, sandals, heel and flats.

**Shoes we do not accept:** Ski boots, winter boots, roller skates, ice skates, roller blades, flip flops, crocs, bedroom slippers or



Current blogs on our [website](#):

Topic: [Why All Custom Orthotics Are Not the Same](#)

---

## Summer Feet Tips



- When buying sandals, a thicker sole with an arch is ideal. When you grab the actual shoe and it doesn't fold like a book, then it's a better, more supportive shoe.

single shoes.

Thank you, Vicki,  
for the generous  
donation of your  
mom's shoes.  
With your help  
we filled 2 1/2  
more boxes for  
this worthy cause!

---

## Epsom Salt?

There are many problems like athlete's foot, foot odor, dry foot and heel pain. The Epsom salt bath can be used to treat all these issues. This will also help to soften a rough foot.

---



Do you, or  
someone you  
love, suffer from  
Plantar Fasciitis  
(chronic heel  
pain)?




Purchase 1

- Apply sunscreen with an SPF of 15 or higher in order to avoid sunburned feet.
  - Vary the height and the style of your heels. Wear heels no higher than 3 to 4 inches for no more than four hours a day. Don't wear the same style of shoe each day, otherwise it may lead to plantar fasciitis, or pain in the heel of your foot. We recommend shoes that have a bigger toe box, like a square or round toe, to prevent toe pressure.
  - If you're to wear heels, a wedge is more stable since it has a wider heel, giving your more stability than a pump due to the weight at the ball of the foot being more evenly dispersed. Heels create pressure on the forefoot that can result in hammertoes, bunions, or neuroma, which can have a sharp stinging feeling caused by scar tissue building up on the plantar nerve on the sole of the foot. Neuromas can be avoided by not wearing pointed-toe heels.
- 



## Patient Portal

Connect with us online 24/7 to:

-  Message our office
-  Access Care Plans
-  Request or check appointments

BioFreeze product



OR a pair of Strutz  
Rx compression  
bands







Get a FREE Foot  
Rubz



Great Father's Day  
gift idea!

Offer Good Thru: 06/30/15

---

-  Request or check prescriptions
-  Update personal information
-  Fill out forms
-  See Visit Summary

Provide us with your name, date of birth  
& email address.



[Click here](#) to register.

---

## OUR DOCTORS



[Nathan Ivey, DPM](#)



[Jonathan  
Williamson, DPM](#)



Copyright © 2015 New Mexico Foot & Ankle Institute  
All rights reserved.

June 2015 Newsletter

Our mailing address is: 4343 Pan American Freeway NE  
Suite 234  
Albuquerque, NM 87107  
505.880.1000

OR

4801 McMahon Blvd. NW  
Suite 235  
Albuquerque, NM 87114  
505.872.3333

Our email address is: [info@nmfootandankle.com](mailto:info@nmfootandankle.com)

Our website address is: <http://www.nmfootandankle.com>

NEW MEXICO  
**Foot & Ankle**  
INSTITUTE



[unsubscribe from this list](#) | [update subscription preferences](#)