


NEW MEXICO Foot & Ankle INSTITUTE

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One Step at a Time... Thank You for Your Help!

Our staff and families participated in the [Walk to End Alzheimer's](#) on September 21, 2013.



NEW ARRIVAL...

Just In Time For Fall

Levelast® is a premium specialty footwear brand, founded by a team of experienced footwear professionals.

Shoes with a neutral heel have little to no change in height from heel to toe. This allows your foot to be "level" which is natural and healthy. We know that a level foot allows

It's Fall Time



The days are getting shorter and the leaves are starting to change, telling you that it's time to get ready for the Balloon Fiesta, the pumpkin patch and Halloween activities with family and friends, and, of course, fall season. To help you prepare, here are some simple tips you can follow this fall:

- Stay hydrated. Drinking water helps flush your system.
- Layer up for those cool early morning mass accensions, daytime pumpkin picking and evening trick or treating.
- Wear the right footwear and socks. You don't want your daily routine halted by injuries or soreness in your feet or legs.



PREGNANT FEET = LAME

Diary of a Pregnant Woman

Lame in both the literal and figurative sense. Over the past two weeks, I have developed some rather charming foot issues. Now, let me say that I usually wear flat soled shoes, because they are often most comfortable to me, and this has contributed to my issue (plus, I gained 8 lbs. in a week, which I am sure is a



Is Extracorporeal Shock Wave Therapy right for YOU?

Treatment for patients suffering from Chronic Heel Pain

your body to disperse pressure evenly across several zones of the foot, and also reduces ground impact on specific areas.

A shoe "last" is an object with a shape similar to that of a human foot – it's used to design a shoe with a particular heel height, foot shape, and toe shape. Levelast® shoes embrace the notions of "level foot" and "generous last" to create a unique and supremely comfortable standing and walking experience, as well as more natural foot and body biomechanics.

They have also developed their own unique and proprietary material, Trileon®, which enables their shoes to be ultra-lightweight, resist odor, and absorb ground impact extremely well. These unique features, as well as the generous fit, provide a surprising and pleasurable experience for your feet.

Taking cues from the lightweight, comfort trend that began with fully molded footwear, and the "oversized" trend that has surfaced in many active sports such as skiing, golf, tennis and mountain biking, Levelast® shoes are proudly designed to be extremely lightweight, yet minimize ground impact. At the same time, Levelast® shoes maximize foot comfort, traction and stability and for a relaxed stride.

We have all 5 styles in stock for you to see and a range of sizes for fitting. Come by our [Pan American Freeway office](#) and try them on!

We invite you to come walk with us!



factor)— but I never have had problems in the past. Enter a few weeks of lots of standing on my feet in flat shoes, and you get... Plantar Fasciitis, my friends, or, "inflammation of the thick tissue on the bottom of the foot. This tissue is called the plantar fascia. It connects the heel bone to the toes and creates the arch of the foot".

In essence, it's a big ball of misery. It hurts to walk, and not an "owie! that hurts" more like a "*\$#!!" kind of pain. I hobble around everywhere I go. It's awful! In effort to find a cure for my pain, which I assume will only worsen in the coming weeks since I'll be standing on my feet at least twice a month, and I am sure the baby wants to keep growing (thus keep me growing). I've started a regimen of stretching, and constant rubbing, and attempts to keep my feet up. The combo of my sexy swollen ankles and hobbling gait make me a contender for the least hot pregnant woman ever. Period.

I don't know what exciting pregnancy achievement I have yet to unlock. The heartburn is here, the nausea sticks around, I can't breathe through my nose, I get massive headaches, I pee constantly, and now I can't walk very well. At least I can feel the baby kicking, and that is a cool thing. Every time I want to give into a woe fest, I let those little kicks remind me what this is all about:)

Our response: All things considered...the above issues are, unfortunately, very common among pregnant women. Before the plantar fasciitis becomes any worse we recommend making an appointment and talking with one of [our doctors](#) about supportive foot wear options, basic foot care while pregnant, as well as treatment suggestions for plantar fasciitis. The regimen of stretching, foot rubs and foot elevation are all excellent solutions and a step in the right direction. The best advice is to make an appointment at [NM Foot & Ankle Institute](#) and have this problem evaluated. Most importantly...Don't forget your reward at the end!

What is Extracorporeal Shock Wave Therapy?

Extracorporeal means "outside the body". Extracorporeal Shock Wave Therapy (**ESWT**) 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?

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 and pain is most often felt at the inner part of the heel and may extend into the arch.

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.

What can I expect after the ESWT 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.

- * FDA approved
- * Non-surgical
- * Faster recovery time and earlier return to normal activity
- * Significantly lower complication rate
- * Short treatment time

Ask your doctor today if ESWT is right for you!

LOVE your FEET ...WE DO

**Trick or Treat
FIX MY FEET**



**NO more pain
would be
SO SWEET!**

We carry the following shoe brands:



orthaheel



Levelast

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



10% OFF SALE

End of Season Sale: All of our in stock
Orthaheel Sandals are now
10% OFF to make room for Fall
Styles. Come by our Pan American
office before they are all gone!

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

4801 McMahon Blvd. NW
Suite 110
Albuquerque, NM 87114

Our email address is: info@nmfootandankle.com

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

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