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Accepting New Patients

We are accepting new patients at all of our office locations! If you have a foot or ankle problem, we are here to help!

We do TOTAL ANKLE REPLACEMENTS!

Book Your Appointment Today!

Minimal Incision Bunion Correction

Ask us about the latest treatment in bunion surgery - *minimally invasive bunionectomy*.

This is a game changer for the treatment for painful bunions. Because the incisions are so small, patients undergoing this procedure are experiencing less swelling, less pain and a faster recovery.

Get back on your feet again quickly!

We are now offering advanced skin grafting techniques for difficult to heal wounds.

FEATURED ARTICLES

Treat Your Feet on Vacation This August with These Tips



August is the last month of peak vacation season. However, amidst the summer break fun, neglecting your feet can quickly turn paradise into pain.

Whether you're flying to a tropical island or driving cross-country, here's how to ensure your feet stay happy and healthy throughout your hot-weather adventure.

[Click Here to Read More](#)

Football, Fields, and Foot Health: Stay in the Game This Fall Season

With summer break ending, many kids are ready to return to the two most popular fall sports: football and soccer. While many think the only similarity between American football and soccer is their name, the two sports share much in common when it comes to feet.



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DOCTOR'S CORNER

Ankle Instability



Ankle instability is a condition characterized by the recurrent giving way of the outer (lateral) side of the ankle. This instability often develops after repeated ankle sprains, which can stretch or tear the ligaments that support the ankle joint.

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RECIPE OF THE MONTH

Yellow Squash & Watermelon Salad

No oil is necessary for this salad; the lemon juice combines with the feta to lightly coat the bright, fresh ingredients, making this a healthy salad for parties and potlucks.



INGREDIENTS

- 6 cups cubed seedless watermelon
- 2 medium yellow summer squash, chopped
- 2 medium zucchinis, chopped
- 1/2 cup of lemon juice
- 12 fresh mint leaves, torn
- 1 tsp of salt
- 8 cups fresh arugula or baby spinach
- 1 cup (4 oz) crumbled feta cheese

DIRECTIONS

Combine the first 6 ingredients in a large bowl. Just before serving, add the arugula and cheese; toss gently to combine.

Recipe courtesy of tasteofhome.com

THIS MONTH IN AUGUST

INTERESTING DATES

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	7	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

4 U.S Coast Guard's Birthday

7 Purple Heart Day

21 Senior Citizens Day

24 National Waffle Day

28 Bow Tie Day

31 International Overdose Awareness Day

HISTORICAL FACTS

- ★ On August 6, 1945, the United States dropped the atomic bomb "Little Boy" on Hiroshima, killing 70,000 people and injuring many more.
- ★ On August 16, 1896, gold was discovered in Rabbit Creek, a tributary of the Klondike River. This sparked the incredible Great Klondike Gold Rush, which saw around 100,000 people migrate to the Canadian Yukon region in the hope of finding gold. The gold rush lasted until 1899.
- ★ On August 18, 1920, the 19th Amendment to the US Constitution came into effect, giving women the right to vote in the US.
- ★ On August 21, 1959, President Dwight D. Eisenhower signed a proclamation making Hawaii the 50th state in the Union.

MEET OUR DOCTORS



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