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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

Oh, The Places They'll Go: Understanding the Complicated World of Adolescent Foot Problems



Adolescence is a time of rapid growth and development, especially for the feet. As many young people gear up for their first month of classes, there's no better time to talk to your teens about any foot issues they experience from the demands of their busy lives.

[Click Here to Read More](#)

Fall Fun and Your Feet: Stay Safe Doing These 9 Activities

As the leaves change color and the weather cools down, many of us embrace the opportunity to spend more time outdoors. While popular activities like running, hiking, and biking offer numerous health benefits, they can also put significant stress on your feet.



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RECIPE OF THE MONTH

Lemony Chopped Salad with Pita

This pita salad is beautiful, filling, and easy - just what a great recipe should be.



ingredients

- 1 can of chickpeas (15oz), *rinsed and drained*
- 1/4 cup chopped red onion
- 2 tbsp red wine vinegar
- 1 1/4 tsp kosher salt, divided
- 2 pita bread rounds
- Juice of 1 lemon (about 2 tbsp)
- 1 tsp honey
- 1/2 cup olive oil
- 4 mini (Persian) cucumbers, *trimmed*
- 2 radishes, *trimmed*
- 1 pint of cherry tomatoes
- 8 cups loosely packed salad greens (about 4 oz)
- 4 oz of goat cheese or feta cheese (1 cup)
- Mint leaves and ground sumac for serving (optional)

directions

1. Preheat oven to 350°F. Place chickpeas and onion in a large bowl. Add vinegar and 1/4 teaspoon salt. Toss to combine.
2. Tear the pita bread into bite-size pieces and place on a rimmed baking sheet. Bake for 10 minutes. Let cool on a baking sheet.
3. Meanwhile, make the dressing: whisk lemon juice, honey, and 3/4 teaspoon salt in a small bowl. Whisk in oil.
4. Prepare vegetables: Slice cucumbers into chunky half-moons and radishes into thin rounds. Cut tomatoes in half. Add vegetables to bowl with chickpeas and toss to combine.
5. Add pita and pour over dressing. Add salad greens and remaining 1/4 teaspoon salt; toss to coat. Crumble cheese into a bowl and gently toss to combine. Serve topped with mint leaves and/or a sprinkle of sumac, if desired.

Recipe courtesy of [realsimple.com](#)

THIS MONTH IN SEPTEMBER

INTERESTING DATES

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT	
	2	3	4	5	6	7	2 Labor Day
8	9	10	11	12	13	14	8 Grandparent's Day
15	16	17	18	19	20	21	11 9/11 Remembrance
22	23	24	25	26	27	28	18 Air Force Day
29	30						22 First Day of Fall
							24 National Voter Registration Day
							28 National Ghost Hunting Day

HISTORICAL FACTS

- ★ September 1, 1939: Germany invaded Poland, marking the beginning of World War II.
- ★ September 2, 1945: World War II ended with Japan's formal surrender, known as V-J Day (Victory over Japan Day).
- ★ September 11, 2001: The terrorist attacks on the World Trade Center in New York City and the Pentagon in Washington, D.C., occurred, profoundly impacting global politics and security.
- ★ September 15, 2008: Lehman Brothers, a major financial services firm, filed for bankruptcy, marking a significant event in the global financial crisis.
- ★ September 30, 1962: James Meredith, escorted by federal marshals, became the first African American student to enroll at the University of Mississippi, an event that was a key moment in the Civil Rights Movement.

MEET OUR DOCTORS



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