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**CONGRATULATIONS
TERRI DUNNERMANN
ON WINNING
LAST MONTHS
PAMPERED TOES!!!**

**HOW
INTERESTING ARE
YOUR FEET?**

- **The walk of life**
The average person walks about 10,000 steps a day. During a lifetime it is thought that a person has walked enough steps to have traveled around the planet more than 4 times, which is approximately 115,000 miles!



**ATLANTIC
foot & ankle
specialists**

FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every two months this newsletter provides you with information and resources that are beneficial to your foot and ankle needs. Your feedback and editorial contributions are welcome. In addition, please forward this free monthly newsletter to anyone who will benefit from its content.

HAPPY FATHERS DAY!!!

May-June 2009 Issue

Ankle Sprains & Fractures

An ankle sprain is an injury to one or more ligaments in the ankle, usually on the outside of the ankle. Ligaments are bands of tissue-like rubber bands— that connect one bone to another and bind the joints together. In the ankle joint, ligaments provide stability by limiting side-to-side movement. However, not all ankle injuries are sprains; they can be fractures of bone, fractures of cartilage or even torn tendons or ligaments.

In children, ankle injuries can be growth plate injuries. Ankle injuries often result from a fall, a sudden twist, or a blow that forces the ankle joint out of its normal position. Ankle sprains commonly occur while participating in sports, wearing inappropriate shoes, walking or running on an uneven surface. The signs and symptoms of ankle sprains may include: pain or soreness, swelling, bruising, difficulty walking and stiffness in the joint. All ankle injuries need professional attention, neglecting them can be avoided by prompt diagnosis and treatment.

DID YOU KNOW ...

More than 25,000 people sprain their ankles every day, according to the American Orthopaedic Foot and Ankle Society.



Not Treating An Acute Ankle Sprain: This Can Cause Serious Problems

When one sprains their ankle, the ligaments stretch. In fact, there are micro-tears of the ligament fibers. If not treated immediately, scar tissue can form between these torn fibers. This will lead to a very tight and painful ankle and makes it more difficult to treat. If you sprain your ankle, remember: RICE: rest, ice, compression (ace wrap) and elevation. Take Advil or Ibuprofen (if you can) and if the swelling and/or pain persist for a day or two, please call us. We can get you better quickly and you do not have to wait in an emergency room for hours.

Join Us: We're Going **GREEN**

In an effort to reduce the waste of paper we are providing our patients with the option to receive our **NEWSLETTER VIA EMAIL**

Help support our planet & get your Atlantic Foot & Ankle Specialists fix on the web!

Call, stop by, fax or email marketing@atlanticfeet.com to get in on the **Green Plan.**

**It's Quick,
Easy
And Saves
TREES!**



Atlantic Foot & Ankle Specialists: Sterile Pedicure Spa

This summer treat your tired and achy feet at our NEW **Sterile Pedicure Spa**. Atlantic Foot & Ankle Specialists offers a selection of services for the nails, feet and legs. Ideal for anyone who is concerned about sterility when getting a pedicure.

If you want to put your mind at ease, all of our pedicures are performed using sterile equipment, we do not reuse any items that cannot be fully sterilized.

Sterile Pedicure Spa MENU:

Classic Sterile Pedicure: 45 minutes- \$75.00

Deluxe Sterile Pedicure with Microdermabrasion

Intense Sterile Pedicure with Callous Repair and Microdermabrasion

**The Sterile Spa Makes
A Great Fathers Day Gift!**

STERILE PEDICURE SPA

COUPON
save \$10 on our
Sterile Pedicure Spa.
If you give us 2 new referrals,
You can save \$20.

Expires: JULY 30, 2009



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Name: _____
Treatment: _____
Referrals: _____

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ATTENTION:

Atlantic Foot & Ankle Specialists' billing department now has a direct line. **The number is 912-201-1764.** Feel free to call if you have any questions or concerns about your payment.

Try Our Product of The Month

This is the perfect product if you can not get rid of that cast for the beach season.

\$38.95

The **Stay Dry Pro Pump** offers the only leg and arm cast protection in the world with the patented vacuum seal to keep your bandage or cast dry. It is so waterproof, between the waterproof fabric and the vacuum seal, that you can even dive off a diving board or ride the ocean waves and still have your cast stay completely dry.



The Pro pump protector fits snugly yet comfortably offering cast protection during a shower, bath, and even active swim. Unlike "modified garbage bag" products, the cast protection offered by the Stay Dry Pro-Pump Protector is unmatched, it can- not slip off. You can't even pull it off!

Allows Postoperative Hydrotherapy

The Stay Dry Pro-Pump cover is also used for immediate postoperative physical therapy, allowing hydrotherapy right after surgery, which helps prevent swelling and stiffness and aids in a speedy recovery.

Try Our Product of The Month:
Dry Pro Full Leg above knee leg and full leg coverage
To purchase this product visit our website at <http://www.atlanticfeet.com/> And click on the link to our Online Store.



<http://savannahpodiatry.blogspot.com/>
<http://savannahfeet.blogspot.com/>

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ASK OUR FRONT DESK HOW YOU CAN ENTER TO WIN Dr. Scholl's Quick Heat Paraffin Wax Spa with Bonus Accessories

