

Melissa Robitaille, D.P.M.  
Todd Newsom, D.P.M.  
Todd Becker, D.P.M.

**Savannah, GA**

803 East 68th St.  
Savannah, GA 31405  
(912)355-4557

**Statesboro, GA**

606 South Zetterower Ave.  
Statesboro, GA 30458  
(912)489-3668

**Hinesville, GA**

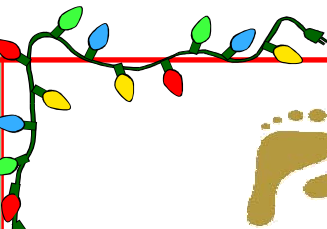
502 E. General Stewart Way Suite C  
Hinesville, GA 31313  
(912)463-4517

**Claxton, GA**

200 North River Street  
Claxton, GA 30417  
(912)739-5934

**Hardeeville, SC**

300 New River Parkway Suite 21  
Hardeeville, SC 29927  
(843)208-3338



**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 bi-monthly newsletter to anyone who will benefit from its content.

**November -December 2009 Issue**



**KEEP YOUR FEET COOZY THIS HOLIDAY SEASON WITH THE RIGHT PAIR OF SHOES!**

Stop by or make an appointment today and have your feet fitted or treated to experience comfort throughout the entire season. Do not neglect your feet during the winter months.

Remember, the winter season is the best time to prepare your feet for the long summer!



Leather or suede? Ankle or knee? Grey or black? Boho chic or cowboy cool? With so many stylish boots this season how can you possibly choose the perfect pair? Atlantic Foot & Ankle Specialists has tips to help make your boot buying and wearing experience pain free. Follow the approved advice of these podiatrists and you'll be

comfortably wearing boots every day of the week.

**MONDAY**

**Sleek Riding Boot**



**Ouch!**

Synthetic materials trap in heat and moisture, causing odor

**Ahh...**

Select natural materials like leather that allow proper airflow and keep feet dry



To Get your

**FREE  
Heel Pain Book**  
Visit

[www.atlanticfeet.com](http://www.atlanticfeet.com)  
Or Call Us Toll Free  
**1(888)398-9525**



Because so many people suffer from foot pain we wrote a book, "The Answer To Your Heel Pain" to answer commonly asked questions.

**GREAT STOCKING  
STUFFER GIFT!**

**TUESDAY**

**Playful Rain Boot**



Rigid shape limits natural foot movement and provides no arch support

Try cushioned insoles and arch supports

**WEDNESDAY**

**Classic Cowboy Boot**



Narrow toebox can cause blistered and cramped toes

Wear only for short periods of time and allow toes to stretch



**THURSDAY**

**Furry Snow Boot**



Sole can become slick in inclement weather leading to trips or falls

Select a rubber sole with deep groves for proper traction

# Atlantic Foot & Ankle Specialists

## FRIDAY

### Trendy Ankle Bootie



## Ouch!

Lack of ankle support coupled with a high heel can cause imbalance

## Ahh...

Select a heel no more than two inches in height and don't walk long distances

## SATURDAY

### Slouch Suede Boot



Narrow and very high heel transfers body weight onto the ball of the foot, causing pain and numbness



Select a lower heel or stacked style of heel for additional support

## SUNDAY

### Day of Foot Rest!



All that boot wearing takes a toll, even with expert podiatric advice

Massage and apply lotion to the feet! If you must venture out, put on a pair of supportive and comfy sneakers



## Additional Foot Friendly Tips

*Visit Our Sterile Pedicure Spa and get your feet on the right track this season.*

- Stop by and have your feet measured, size can change throughout life!
- Keep in mind - your boot size may not fit the same in all styles and brands.
- Try boots on in the afternoon - feet tend to swell during the day.
- Buy for the larger foot - most feet are not the exact same size.
- Carry an insole when boot shopping in case a pair lack the proper arch support. Stop by the office and get your proper insole.
- Boots should feel comfortable when tried on in the store, there shouldn't be a "break-in" period.
- A boot constructed of natural materials, like leather, will keep feet dry and comfortable during the winter months.
- Choose a boot with plenty of toe room, a firm heel counter and traction to ensure stability.
- Ask one of our podiatrists if custom orthotics would work best for you and your feet.

## Product of The Month: GREAT CHRISTMAS GIFT

**By using your own Pedicure Kit, you will be assured that your instruments are safe and germ free. For those who enjoy doing their own pedicures, these kits will help give you professional results. After all, "having the right tools is half the battle in doing any job right!"**

To order visit: <http://www.atlanticfeet.com/store>

Don't Forget to Comment on our BLOGSPOTS!

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

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

<http://savannahfootandanklespecialists.blogspot.com/>

## Sterile Pedicure Spa

### COUPON

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

Expires: December 31, 2009

Name: \_\_\_\_\_  
Treatment: \_\_\_\_\_  
Referrals: \_\_\_\_\_

803 East 68th St.  
Savannah, GA 31405



## SOS Safe Salon Pedicure Kit



Follow Atlantic Foot & Ankle Specialists on **Twitter** @FootandAnkleDoc