



Pediatric Heel Pain is Not Normal

Heel pain is a common childhood complaint and parents should not ignore the signs to see if this pain will "go away." The most common cause of pediatric heel pain is a disorder called calcaneal apophysitis, which the symptoms tend to be the exact opposite Plantar Fasciitis, or Adult heel pain.

Pediatric Heel Pain is also known as Sever's disease, which is inflammation of the heel's growth plate due to muscle strain and repetitive stress, especially in those who are active or obese.

Some of the signs and symptoms associated with heel pain problems in children include pain in heel, limping, walking on toes, difficulty participating in sports, and increased pain while walking.

The treatment depends upon the severity of the pain and vary between placing a cushion in the heel to medications to physical therapy. Please make an appointment with us if you have any concern regarding your child's foot pain (615) 220-8788.

Summer is almost here.. which means time to break out the sandals! Sadly, most sandals do not have the appropriate support needed to prevent injury or foot problems. APMA has a list of shoe brands recommended to wear when the weather is warmer.

Brands:

Chaco, Inc	Dansko
Reebok	FitFlop Limited
Wolky	Spenco Medical Corp
SOLE	



I was having problems with my right foot. I had pain when I walked any distance. My surgery was 7 months ago and I can already tell a great difference. My surgery was complex, but Dr. Neuhaus did a great job and it looks really good today. I'm so happy to be able to walk without pain.

-K.B.



Click the book to order your free copy of *Heel Pain 101*



Happy Birthday to YOU! Happy Birthday to YOU!!!

Let's Wish a Happy Birthday to all our patients with April Birthdays!!!



Donate your shoes to the homeless for "Keeping Nashville on Their Feet!"

We continue to collect shoes in good condition and deliver them to The Nashville Rescue Mission. Men's

Want to read more success stories? Click the picture above to link to the testimonial page on the website.

Thank you to everyone who fills out a comment card and shares your success story! We truly value our patients and love the feedback we continue to see!

Is Foot Pain in Children Normal?

NeuhausFootandAnkle 15 videos



athletic shoes, casual shoes, & work boots are most needed.

A Special Thank you goes to the locations for allowing us to use your facility and making this project successful: Kroger on Sam Ridley Pkwy., Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Mayfield Rehab Center, and TN Medicine & Pediatrics and in Murfreesboro at Fleet Feet Sports



Live or work closer to Brentwood?

Schedule an appointment with our Brentwood location to see Dr. Neuhaus or Dr. Knox. We are located in the TriStar Medical Plaza on the corner of Nolensville Rd. and Concord Rd in Brentwood, Suite 220.



Office Hours for the **Smyrna** location have changed:
Mon. 8:00-5:00
Tues. 7:30-5:00
Wed. 8:00-5:00



Apr 29 - Sam Davis Home Golf Tournament at the Smyrna Golf Course Municipal beginning at 11am. Call #459-2341 for more information

Apr 30 - 12th Annual Country Music Marathon & 1/2 Marathon in Nashville, TN beginning at LP Field. For more information call (800) 311-1255.

May 6 - 40th Annual Days on the Farm at the Sam Davis Home & Museum. This includes hands-on activities from 9am to 1pm where you will be living history with more than 20 demonstrations. \$5 per person.

May 6 - Jazzfest sponsored by Main St, Inc. The festival will have a children's activity area and lots of food. Free of charge. Location is on the square in Murfreesboro. For more information go to www.mainstreetjazzfest.com.

May 6-8 - "Cinderella" at Tucker Theatre at MTSU. For tickets go to mtsu.edu/tuckertheatre or for more information go to dancetheatretn.org.

May 7 - Great TN Air Show at the Smyrna/Rutherford County Airport. The USAF Thunderbirds will perform. For more information go to smyrnaairport.com/air_show.

May 7 - Cinco in the Gulch 5K/10K beginning at 5pm. This event supports Autism Society of Middle TN. To register/for more information go to www.irunfortheparty.com.

May 12-15 - "Lucky Seven Quarter Horse Show" at the TN Miller Coliseum. Contact Shana Miller #494-8879 for more information.

May 13-15 - "Steel Magnolias" at the Lamplighters Theatre in Smyrna. Fri & Sat @ 7:30 and Sun @ 4:30. go to www.lamplighterstheatre.net for more information

May 14 - YEAH! Spring Showcare for young artists between the ages 10-17. \$7 at The Walnut House in Murfreesboro starting at 7pm.

May 14 - TN Kidney Foundation Walk at The Gateway Island Park in Murfreesboro. Register/more info at www.firstgiving.com/tkf.

Want to know what events are going on around town?

Here are some events to enjoy with family and friends during the next month.

May 14 - See Spot Run 5K/Walk at MTSU. \$20 entry fee and check-in begins at 6:30am. Every participant is encouraged to run with their dogs to support Habitat for Humanity in Rutherford County. go to www.active.com to register.

May 15 - Ramblin' Rose Triathlon in Nashville, TN. This includes 250 yd swim, 9 mile bike, and 2 mile run. Go to www.rambinroseevents.com to register or to find more info.

May 21 - Ellie's Run for Africe 5K in Nashville, TN. Go to www.elliesrun.org for more information and to register for this event.

Thurs. 7:30-5:00
Fri. 7:30-5:00

Office Hours for
the **Brentwood**
location are:

Tues. 1:00-5:00
Thurs. 1:00-5:00
Fri. 8:00-12:00

300 Stonecrest Blvd, Suite 350 | Smyrna, TN 37167 US

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