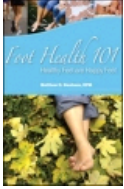




NEUHAUS FOOT & ANKLE



Click the book to order your free copy of *Foot Health 101: Healthy Feet are Happy Feet*.

"I wrote this book because too many people suffer from foot & ankle pain unnecessarily."
- Dr. Matthew Neuhaus



Dr. Neuhaus will be at Fleet Feet Sports in Murfreesboro, TN on Sat. August 21, 2010, from 8:30 to 11 am to discuss over use injuries and injury **prevention. He will relate foot function and injuries to your running needs. Come join him this Saturday to ask any of your foot issues.**



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

Suffering From Plantar Fasciitis?

Plantar fasciitis is one of the most common causes of heel pain and affects about 2.5 million people each year in the United States.

The muscle that stretches along the bottom of the foot is responsible for maintaining the arch of your foot. Sometimes the plantar fascia pulls away from the bone. Your body reacts by filling this space with a heel spur. The pain is caused by the inflammation or irritation of your muscle. This can be caused by a number of factors including sports injury, hours of standing on the job, and wearing improper shoes.

Plantar Fasciitis Anatomy



For more information, click on the Plantar Fasciitis Anatomy picture.

NEW TREATMENT OPTION

The Medispec-Radialspec ERWT Treatment



The Medispec-Radialspec equipment in our office used for the treatment of Extracorporeal Radial Wave Therapy (ERWT).

ERWT is a highly effective method of providing extensive pain relief and therapeutic healing. The radial wave delivers an acoustic wave directly to the injured tissue. The treatment affects the area on a cellular level, breaking down scar tissue and calcified deposits that may have penetrated tendons and ligaments. The therapy accelerates and stimulates your body's own healing process and lets you get back to your normal activities much quicker. ERWT is a superb method of treatment for:

- Plantar Fasciitis/Heel Spur
- Achilles Tendonitis
- Soft Tissue
- Joints
- Bursitis

The Endless Benefits of Treatment include:

- Decrease in pain level
- Improvement in function & quality of life
- Short treatment time (5 to 7 minutes per session)
- 3 to 5 sessions only
- Short recovery time (non-invasive treatment)
- Extensive pain relief



heel pain basics

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Ryan Neuhaus has currently earned his Eagle Scout award for collecting 500 shoes. However, we will continue to collect shoes in good condition and deliver them to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, & work boots are most needed. Shoe donation receptacles are located in Smyrna at Neuhaus Foot & Ankle, Kroger on Sam Ridley Pkwy., Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Mayfield Rehabilitation Center, and Tennessee Medicine & Pediatrics and in Murfreesboro at Fleet Feet Sports. **Thank you** to the locations for allowing us to use your facility and making this a successful project.



Happy Birthday to you. Happy Birthday to you...

Let's Wish a Happy Birthday to all our August Patients!!!



Monday

8am to 5pm

Tuesday

7:30am to 5pm

Wednesday

8am to 5pm

Thursday

8am to 5pm

Friday

7:30am to 5pm

****We're closed Mon, Wed, & Thurs. from 12-1pm for lunch****

Dr. Neuhaus explains the basics about heel pain, plantar fasciitis, heel spurs and foot pain. Learn when to see a podiatrist and what causes heel pain.



Watch the Heel Pain Basics video above or visit our website at www.neufoot.com to view all of our current YouTube videos!



Success Story!

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

I can walk pain free! After almost two years of treatments, equipment, behavior changes, and pain, plantar fasciitis still affected my everyday life. Working two jobs and depending on my ability to walk, I thought I was out of non-surgical options. The shock wave treatments in the office, offered by Dr. Neuhaus and his staff, provided an option that was not previously available. I underwent weekly shock wave treatment for four weeks. After the 1st week, I could tell an amazing difference. After the 2nd week, I was able to walk noticing pain only first thing in the morning and later in the evening. After the 3rd week, I was pain free and able to resume walking as an exercise rather than a painful event. A month after the 4th treatment, I am still pain free and walking a 5K at least three times a week! Thank you Dr. Neuhaus.
-Melody, RN

Aug. 20-Howl at the Moon 5K. Held at the Veteran's Memorial Park in LaVergne, TN at 8pm. Register at www.active.com.

Aug. 28-The "Boro Kids Triathlon". Held at McKnight Park in Murfreesboro from 7:15am-10:00am for kids between ages 7-14. For more information, visit www.tryborokidstri.com.

Aug. 28- Taste of Stones River. Held at The Avenue in Murfreesboro from 4pm-8pm. This family event has over 40 restaurants attending for you to sample signature dishes and beverages.

Aug. 29- Music in the Park. Held at The Avenue in Murfreesboro from 2pm-5pm. Come out to enjoy live music with family and friends.

Sept. 2- MTSU vs. Minnesota. Come cheer on the Blue Raiders. For more information, go to www.goblueraiders.com.

Sept. 4- Main Street's Friday Night Live Concert Series. Held at the Public Square in Downtown Murfreesboro from 6:30pm-9:30pm.

Sept. 11- MTSU vs. Austin Peay. Come cheer on the Blue Raiders. For more information, www.goblueraiders.com.

Sept. 11- 9th Annual Community Fair & Memorial Event. Held at the Rutherford County Sheriff's Office. Activities begin at 11am. Remembrance ceremony begins at 2pm.



Want to know what events are going on around town?

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

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

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