



NEUHAUS FOOT & ANKLE

Extracorporeal Shock Wave Therapy for Plantar Fasciitis

Extracorporeal Shock Wave Therapy (ESWT) is a noninvasive surgical procedure that uses sound waves to stimulate healing in some physical disorders, including plantar fasciitis, or heel pain. "Extracorporeal" means "outside of the body" and refers to the way the therapy is applied. Because there is no incision, ESWT offers two main advantages over traditional surgical methods: fewer potential complications and a faster return to normal activity. ESWT has been used extensively for several years to treat plantar fasciitis and other disorders.

ESWT may be an option for any patient whose heel pain has not been resolved with conservative treatment such as the use of anti-inflammatory medications, steroid injections, ice packs, stretching exercises, shoe inserts, and physical therapy.



To view more information about this new procedure, just click on the picture or visit www.neufoot.com.



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



The Newest Treatment Method

RadialSpec therapy offers a unique solution to foot pain by using mechanical energy. This device uses a combination of conventional energy sources such as corticosteroids, electrical (e-stim), and heat (ultrasound and laser). Mechanical energy is safe to use repeatedly with little to no side effects and improves range of motion as well as long-lasting pain relief.

Some other benefits of ESWT treatment include:

- non-invasive, in-office procedure
- no anesthesia
- excellent efficacy
- see results after first treatment
- Complete relief after 4-6 treatments
- FDA approved

"99% of my patients have seen an improvement in function as well as a decrease in pain. I have treated Achilles tendonitis, heel pain and more right in my office. The RadialSpec is a very impressive medical device."

More information about the new ESWT treatment can be found at www.neufoot.com.

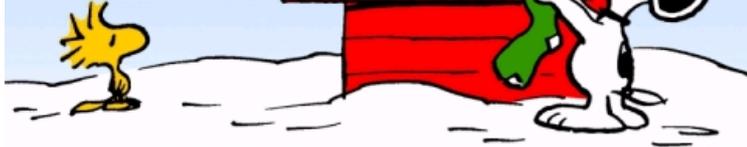


Donate your shoes to the homeless for "Keeping Nashville on Their Feet!"

We are continuing 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.

Thank you to the following locations for allowing us to use your facility and making this a successful project: in Smyrna at Neuhaus Foot & Ankle, 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.





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

Let's Wish a Happy Birthday to all our December 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 for lunch from 12-1pm



New Success Story!!!!

Dr. Neuhaus was able to diagnose my foot problems immediately and explained my problem in detail. He has great bedside manner and a great staff. I am so glad that I was referred to this office by my family physician. Also, I love the computer screens in the exam rooms while waiting. I was able to read and learn different information about foot problems as well as see beautiful pictures of Dr. Neuhaus' family.

-P. P.

Thank you for the continued submissions of success stories in the dropbox in the office. We strive to please our patients with the care and service of our office staff and doctor.

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

MERRY CHRISTMAS and Happy New Years from everyone at Neuhaus Foot and Ankle!!!



Due to the Christmas and and New Years holidays, our office will be closed December 24th and December 31st. We will resume regular business hours on Monday, December 27th and Monday, January 3rd. Everyone be safe traveling to visit friends and family.

As an added value to our friends and families, we have created this newsletter to help us stay healthy this year! Please let us know if there are topics of interest to you for future editions.

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