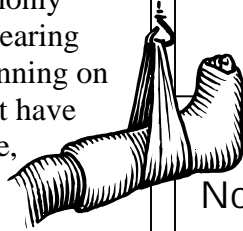


What is an Ankle Sprain?

An ankle sprain is an injury to one or more ligaments in the ankle, usually on the outside of the ankle. The severity of an ankle sprain depends on whether the ligament is stretched, partially torn, or completely torn, as well as on the number of ligaments involved. Sprained ankles 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, or walking or running on an uneven surface. Even if you do not have pain or swelling with a sprained ankle, treatment for the injury is crucial.



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.

Signs and Symptoms?

The signs and symptoms of ankle sprains may include:

- Pain or soreness
- Swelling
- Bruising
- Difficulty walking
- Stiffness in the joint

What Do I Do Before Seeing Dr. Neuhaus?

Begin using the R.I.C.E. Method!

- Rest
- Ice
- Compression (Ace Wrap)
- Elevate

This will help reduce the swelling, pain, and further injury.

WOW! ↓

More than 25,000 people sprain their ankle each day, making sprained ankles account for approximately 1/4th of all sports-related injuries and the most common musculoskeletal injury seen by physicians caring for active youngsters and adults.

Not Treating an Ankle Sprain Can Lead to Serious Problems

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. 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.

Product of the Month

Mederma Cream



No one wants to live with a scar. Mederma is the #1 doctor recommended product for scars. It's a greaseless, pleasant-smelling, topical gel that's formulated to improve the appearance and feel of just about any kind of scar. Whether you have stretch marks from a pregnancy or a scar from surgery, Mederma can help make your scar appear softer and smoother. No matter if it's old or new.

Office Hours

Monday-Friday
8am to 5pm

Lunch

12pm to 1pm

Special
Announcement ↓

Community Service

"Keeping Nashville on Their Feet"

Dr. Neuhaus is teaming up with his son, Ryan of Troup 37, who is working on his Eagle Scout project "Keeping Nashville on Their Feet," which is a community service program to help collect shoes in good condition for the needy and then be delivered to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, and work boots are most needed. Our goal is 500 collected shoes but we hope to make this an ongoing program with the help of the community. Shoe donation receptacles are located in Smyrna at the offices of: Neuhaus Foot & Ankle, Dhar Family Medicine, Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Smyrna Rexall Drugs, StoneCrest Physical Medicine and Rehabilitation Center, StoneCrest Family Physicians, and Tennessee Medicine and Pediatrics.

"The greatest compliment a patient could give a doctor is the referral of friends and/or family members"

Referrals Mean the World To Us!

Starting January 2009, we will be rewarding any current patients who refer a friend or family member with a free complimentary movie pass for the new MALCO-ROXY Theater in Smyrna, TN.

Happy 4th
of July!!



Community News

Congrats to StoneCrest Medical Center for raising \$3,000 for the Smyrna Boys & Girls Club. Each department in the hospital chipped in to create a basket to be auctioned off to raise money for The Now More Than Ever campaign with money earmarked for the Smyrna Boys & Girls Building Fund.

Let's Wish Happy Birthday to all
the July Patients!

Happy birthday to you... Happy birthday to you... We'd like to give special recognition to all the patients who have a July birthday. We hope you enjoy your special day!



Success Story

Dr. Neuhaus,
We had a great time in Disney World! Thanks for making the trip possible! My "new" foot is doing extremely well, and there is no way a week in Disney would have ever happened without it. Thanks again for taking such great care of me. God bless you!

- J. H.

Please submit your success story about how Dr. Neuhaus helped eliminate your foot problem. You can share your story by going to www.neufont.com/contact.html to e-mail us.

Are you tired of
Foot Problems?

Get a **Free** copy of
Foot Health 101

"Healthy Feet are Happy Feet."

Free
Book

