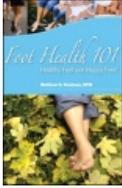




NEUHAUS FOOT & ANKLE



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

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



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



Share your story about Dr. Neuhaus eliminating your foot problem by going to www.neufoot.com.



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

We will now be rewarding any current patients who refer a friend or family member with a complimentary movie pass for them to use at the new **MALCO-ROXY Theater in Smyrna, TN**

What are Stress Fractures?

Stress fractures are tiny cracks in a bone caused by the repetitive application of force, often by overuse such as repeatedly jumping up and down or running long distances. Stress fractures also can arise from normal use of a bone that's been weakened by a condition such as osteoporosis.

Stress fractures are most common in the weight-bearing bones of the lower leg and foot. Track and field athletes are particularly susceptible to stress fractures, but anyone can experience a stress fracture. If you're starting a new exercise program, for example, you may be at risk if you do too much too soon.



Running or extreme exercise without proper training will increase your chances of a stress fracture.



What Causes Stress Fractures?

If you have a stress fracture, you may experience:

- Pain that increases with activity
- Pain that appears earlier while exercising in each successive workout
- Pain that increases over time
- Pain that persists even at rest
- Swelling
- A specific spot on the involved bone that feels tender or painful to the touch

The best way to treat a stress fracture is to rest and not overuse your foot while you heal.

At first, stress fractures may be barely noticeable. But pay attention to the pain. Proper self-care and treatment can keep the stress fracture from worsening.

What is Going on in the Community?

July 22-24: Movie Under the Stars. Thursday: Siegel Neighborhood Park, Friday: Mitchell-Neilson Primary and Saturday: Hobgood Elementary. The Adventures of Milo and Otis, narrated by Dudley Moore, will be shown. Movie begins at 8:30 p.m.

July 25: Music in the Park. Held at The Avenue in Murfreesboro 2pm-5pm.

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

Aug. 7: Smyrna Parks 5K and Mile.

Aug 12-15: AQHA Regional Championship Show. Held at the Tennessee Miller Colliseum

Aug. 13: Music at the Mill. Held at the Gregory Mill Park in Smyrna, 6:30pm. A tribute to the 80s.



Want to know what's going on around town? Here is some information about what to do with family and friends during the next month.



Monday-Friday
8am to 5pm

Lunch
12pm-1pm

**Aug. 14: 7th Annual Fenton, Payne, & Fred
5K.** Held on MTSU's campus in Murfreesboro.



***Donate your Shoes for
the homeless!***

Community Service

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. Shoe donation receptacles are located in Smyrna at the offices of: Neuhaus Foot & Ankle, Kroger, Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Smyrna Senior Center, StoneCrest Family Physicians, and Tennessee Medicine and Pediatrics and in Murfreesboro at Fleet Feet Sports.

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.

300 Stonecrest Blvd. Suite 350 | Smyrna, TN 37167 US
This email was sent to .

To ensure that you continue receiving our emails, please add us to your address book or safe list.

[manage](#) your preferences | [opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.



[Subscribe](#) to our email list