



NEUHAUS FOOT & ANKLE



Summer Weather Leads to Walking Barefoot

Don't Let Walking Barefoot Cost You A Visit To A Podiatrist

For more information about puncture wounds, visit our [puncture wound page](#) on our website.

Puncture wounds and cuts are not the same. A puncture wound has a small entry hole caused by a pointed object. Puncture wounds are common in the foot, especially in warm weather when people go barefoot. But even though they occur frequently, puncture wounds of the foot are among the most inadequately treated conditions. If not properly treated, infection or other complications can develop. Getting proper treatment within the first 24 hours is especially important with puncture wounds because they carry the danger of embedding the piercing object ("foreign body") under the skin. Nails, glass, toothpicks, sewing needles, insulin needles, and seashells are a variety of foreign bodies that can cause a puncture wound. If you have a puncture wound on your foot, call (615) 220-8788 for an appointment with Dr. Neuhaus or Dr. Knox immediately.

For more videos, visit our [YouTube channel](#)

The Perfect Shoe Selection

NeuhausFootandAnkle 22 videos 



Dr. Neuhaus discusses various ways to select appropriate footwear. Learn the 3 basic things to look for when selecting a good athletic shoe.



Want to read more success stories?

Check out the [testimonial page](#) on our website.

The staff that took care of me today were very friendly. They all kept smiles on their faces the whole time and seemed to care about me. Dr. Knox also treated me and knew exactly what was going on. I am impressed and pleased with my care today!
- anonymous

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

Suffering from Heel Pain, Shin Splints, Tight Calves, Ankle Weakness, or Achilles Tendonitis?



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



On June 30th, please join our office at the StoneCrest Women's Show in the main lobby of StoneCrest Medical Center from 5 to 8pm to pamper yourself with activities, free screenings, demonstrations, and prizes every 15 minutes!



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 athletic shoes, casual shoes, & work boots are most

The ProStretch stretches the lower leg muscles easier and far more effectively than conventional methods. This improved flexibility and range of motion helps relieve, rehab and alleviate plantar fasciitis, shin splints, tight calves, and Achilles tendonitis as well as enhance overall performance. The rocker design automatically holds the foot in the optimal position for proper stretching. ProStretch is lightweight and easy to take to the game, the office or the gym.

Product of the Month

ProStretch



June 15 - Half Marathon Information Meeting held at Fleet Feet M'boro at 6:30pm. Go to www.fleetfeetmurfreesboro.com for more info.

June 16 - Triathlon Information Meeting at the Fleet Feet M'boro store at 6:30pm. Go to www.fleetfeetmurfreesboro.com for more info.

June 18 - Main St. Saturday Market. Held on the M'boro Square from 8am-12pm. Vendors offer fresh fruit, vegetables, breads, and flowers.

June 18 - "Taste of Rutherford" Held at the Tarpley Farm from 7-10pm. Great food, music and open bar. For more information, go to Main Street and Magnolias - The Summer Party

June 21 - M'boro Donor Day. The American Red Cross is hosting our 1st M'boro Donor Appreciation Day at Patterson Park Community Center from 12-6pm. To schedule your appt to donate blood go to www.redcrossblood.org and enter sponsor code:Murfreeboro19

June 25 - Main St. Saturday Market. Held on the M'boro Square from 8am-12pm. Vendors offer fresh fruit, vegetables, breads, and flowers

June 25 - Town of Smyrna Boat Day 2011. Held at the Stewart Creek boat ramp off Weakley Lane from 9am to 1pm. Free kayak & canoe rides available for all ages.

June 30 - Join our office at the [StoneCrest Women's Show](#) in the main lobby of StoneCrest Medical Center from 5pm to 8pm to pamper yourselves with activities, free health screenings, and prizes every 15 minutes!

Happy 4th of July!!!

July 4 - "I Run For The Party" Music City 10K/5K. Go to www.active.com to register for the event or www.iRunForTheParty.com for more information.

July 4 - Country Star Darius Rucker will headline the "Music City July 4th: Let Freedom Sing!" Annual, free concert and fireworks extravaganza on go for Riverfront Park. Festivities begin around noon and the fireworks show begins around 9:15pm.

July 4 - M'boro 4th of July Celebration starts at 5pm next to SportsCom in McKnight Park. At 8pm the M'boro Symphony Orchestra performs patriotic music. At 9pm an exciting fireworks display set to live music. ALL FREE!

needed. Collection locations include: 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
Thurs. 8:00-5:00
Fri. 8:00-5:00

Office Hours for the Brentwood location are:

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

Want to know what events are going on around town?

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

Special Event

On July 9th, Dr. Knox will be guest speaking from 8-10am at the [Fleet Feet M'boro](#) store and answering questions regarding foot injuries while training for races and triathalons.

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

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