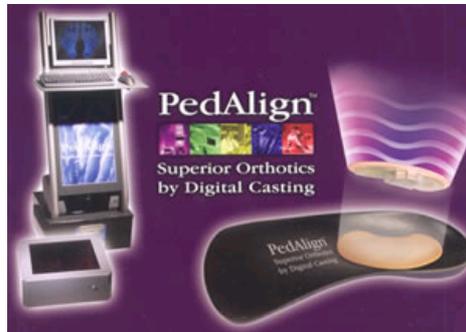




# NEUHAUS FOOT & ANKLE

## Shoe Inserts vs. Orthotics

There are 100s of products on the market that "will improve foot comfort" or "relieve pain". Shoe inserts are typically cushioned for comfort. However, most do not have any real support and often only temporarily relieve foot pain. The most common known type of shoe inserts include Dr. Scholl's.



## Science Behind Custom Orthotics

An orthotic is developed to proactively support your feet by helping align, prevent and/or correct deformities, and improve the overall function of your feet. Custom orthotics are a way to stabilize your feet, relieve pressure, and get the biomechanical function of your feet back in alignment.

Orthotics are tailored to your individual feet. Plaster molds, foam impressions and digital scanning are ways to make a master model of your feet and sent to PedAlign to fabricate your custom orthotics.

Shoe inserts and orthotics are much like eye glasses. Some people benefit from the "off the shelf reading" glasses, while others need to be examined and fit for the appropriate prescription. An orthotic that fits properly will provide you with the support to walk pain-free again and for many years to come.

February is Foot Health Month at America's Family Doctors and Dr. Neuhaus is featured for the series. The office has a 5 part Foot series of videos for anyone to keep you on your toes and learn more information when it comes to caring for your feet. Watch Dr. Neuhaus discuss the most common foot problems on [AFD TV](#) and watch more [AFD TV's Channel on YouTube](#)



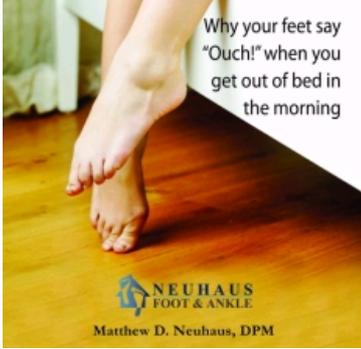
Dr. Neuhaus can provide you with custom orthotics for your shoes to give your feet the proper support. The office uses PedAlign digital scanning technology to measure the alignment of your feet.

**\*Free Book\***



← **Click the book to receive your complimentary copy of Heel Pain 101**

Currently suffering with heel pain? Feet hurt first thing in the morning before you even begin your



day?

Simply fill out the request form to receive a complimentary copy of Heel Pain 101 by clicking on the book below or go to [www.heelpain101.com](http://www.heelpain101.com).

**We have new office hours!**

Smyrna Office: Mon 8:00-5:00  
Tues 7:30-5:00  
Wed 8:00-5:00  
Thurs 7:30-5:00  
Fri 7:30-5:00

Brentwood Office: Tues 1:00-5:00  
Thurs 1:00-5:00  
Fri 8:00-5:00



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

**Thank you for continuing to make this project a success!**

We collect shoes in good condition and deliver them to the Nashville Rescue Mission. Men's athletic shoes, casual shoes, and work boots are mostly needed, but any shoes will help.

The following locations have a shoe donation collection box within their facility and help make this project a success. In Smyrna, receptacle are located at Neuhaus Foot & Ankle, Kroger on Sam Ridley Pkwy., Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Mayfield Rehabilitation Center, and TN Medicine & 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  
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