



## Spring into Springs Without Spraining your Ankle

For more information about ankle sprains, go to our [ankle sprain page](#) on the website

As the weather warms, we tend to head outside and get active with our favorite activity. But don't let the arrival of springtime sports be the arrival of an ankle sprain. An ankle sprain is an injury to one or more ligaments, usually on the outside of the ankle. Ligaments are bands of tissue, like rubber bands, that connect one bone to another and bind the joints together. Ankle sprains are one of the most common injuries in athletes. If you injure your ankle, don't think it's "just an ankle sprain" and hope it will heal on its own. Any ankle sprain requires prompt medical attention and diagnosis. In some cases, an injury may appear to be an ankle sprain when in actuality it is a more severe injury, such as a fracture. A general rule of thumb is to use "R.I.C.E." therapy – **R**est, **I**ce, **C**ompression, and **E**levation – to help reduce swelling, pain, and further injury.



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



Happy Birthday to YOU! Happy Birthday to YOU!!!

Let's Wish a Happy Birthday to all our patients with May Birthdays!!!

### Basic Stretching Exercises

NeuhausFootandAnkle 22 videos [Subscribe](#)



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

Dr. Neuhaus discusses various exercises to perform that will help improve balance, lower leg strength and flexibility.



Want to read more success stories?

Check out the testimonial page on our website.

The doctor is actually willing to help with my foot problem when no other doctor was willing to touch another doctor's work. I am very blessed to have found him and have the help I needed. Thanks so much!

-M.W.

*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!*

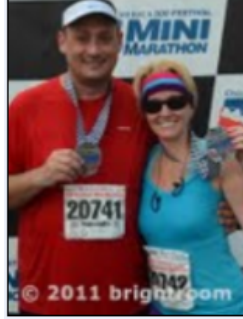


Donate your shoes to the homeless for "Keeping Nashville on Their Feet!"

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



Sheila and her husband took part in the 35th Running of the OneAmerica 500 Festival Mini-Marathon. The Mini has sold-out for the past nine years with 35,000 registrants. The Mini-Marathon is the largest half-marathon in the U.S., and overall, the seventh largest running event in America.



## Staff Spotlight

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



**May 23 to 28** - TSSAA Spring Fling. Five high school sports compete for state championships: track and field, tennis, baseball, boys' soccer, and softball. Visit [www.tssaa.org](http://www.tssaa.org) for more info.

**May 27** - Night of the Living Cover Bands II: a benefit for SGRRC. Held at The Walnut House off the Murfreesboro square from 9pm to 1am. The night will feature a totally 90s line-up with some of Nashville's best rock musicians.

**May 28** - Campus Life 5K. Central Magnet School's first annual 5K event held off E. Main Street in Murfreesboro from 6am-10am. Register online at the Rutherford County Chamber of Commerce community events page.

**May 28 to 30** - Flags of Remembrance Healing Field. Held on the grassy field next to The Avenue in Mboro. Take a walk through 1,500 flag display to remember and honor our heroes.

**June 2** - Rutherford County Heritage Day Camp. Held at Oaklands Historic House Museum in Mboro and at the Sam Davis Home and Museum in Smyrna between 9am & 12pm. Children ages 6-12 can take part in this day camp. Reservations taken. Tuition is \$20.

**June 3** - Main Street's Friday Night Live Concert Series. Held on the Mboro Public Square from 6-9pm. Free admission, food vendors and more. Bring your lawn chair! Visit [www.downtownmurfreesboro.com](http://www.downtownmurfreesboro.com) for info.

**June 3** - Try Boro Kids 1-2-3 Run. Held at the Gateway Island behind MTMC. Registration is \$10 and kids can choose to run a 2.5K or 5K.

**June 3** - Taste of Smyrna. Held at StoneCrest Medical Center from 5-8pm. This event will include food from local restaurants, live music, and activities for children. Adults \$10, Children ages 3-15 \$5, Children under 2 are Free!

**June 4** - Eagleville Main Street Festival begins at 10am on Main Street.

**June 9** - Dr. Knox will be guest speaking from 8-10am at Fleet Feet Sports in Murfreesboro and answering questions regarding foot injuries while training for races and triathalons

**June 11** - Doughboy Challenge 2011 5K run or wheelchair race in downtown Murfreesboro. Register at [www.doughboychallenge.com](http://www.doughboychallenge.com).

**June 12 to 18** - International FolkFest. Held at the Patterson Park Community Center. Visit [www.mboro-international-folkfest.org](http://www.mboro-international-folkfest.org) for info.

Want to know  
what events  
are going on  
around town?

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

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

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