



NEUHAUS FOOT & ANKLE

Dry Needling

New Treatment for Stubborn Plantar Fasciitis

For stubborn plantar fasciitis that does not respond to standard therapy there is a promising, fast, minimally invasive new treatment available to you. The procedure is an ultrasound-guided puncturing of the heel and a steroid injection placed within the plantar fascia, and takes about 15 minutes in the office.

What are the Benefits of the Procedure?

- Early studies show 95% success with lasting relief for most patients.
- Current studies show relief lasting at 10 months
- Relief within 2 - 3 weeks according to studies
- One-time treatment
- Performed in our office so there is no need for hospital
- Much less risk than surgery
- Much less expensive than shockwave therapy or surgery



To view more information about this new procedure, just click on the picture or visit www.neufoot.com.

Basic Stretching Exercises

NeuhausFootandAnkle 4 videos  



Learn the proper way to do stretching for heel pain, plantar fasciitis, tendonitis, achilles tendon problems, arch pain and other foot problems. More information can be found at www.neufoot.com.

Diabetic Foot Care Guidelines

- *Inspect your feet daily for cuts, blisters, redness, swelling, or nail problems.*
- *Wash your feet daily in lukewarm (not hot!) water.*
- *Be gentle when bathing your feet.*
- *Moisturize your feet, but not between your toes.*
- *Cut nails carefully and straight across.*
- *Never trim corns or calluses.*



Here are some health tips to help with basic foot care when



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

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



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

We are continuing to collect shoes in good condition and deliver them to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, & work boots are most needed.

Thank you to the following locations for allowing us to use your facility and making this a successful project: in Smyrna at Neuhaus Foot & Ankle, 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.

- *Wear clean, dry socks.* Change them daily.
- *Avoid the wrong type of socks.*
- *Wear socks to bed if your feet get cold at night.*
- *Shake out shoes and inspect the inside before wearing.*
- *Keep your feet warm and dry.*
- *Never walk barefoot.* Not even at home!
- *Take care of your diabetes.*
- *Don't smoke.*
- *Get periodic foot exams.*

diagnosed with Diabetes. By following these guidelines, you can help prevent major diabetic foot complications.



Due to the Thanksgiving holiday, our office will be closed Thursday, November 25th and Friday, November 26th. We will resume regular business hours on Monday November 29th.



New Success Story!!!!

Dr. Neuhaus provided me with good instruction in detail on wound care while at home. Because of this, I was able to take care of myself without the cost I would've incurred anywhere else. Dr. Neuhaus also gave me a positive outlook on my particular situation. Great bedside manner, patient care and thorough attention of my wound during my visits. I won't hesitate to visit Dr. Neuhaus if I ever have any more problems.

- A.F.

[Want to read more success stories? Click the picture above to link to the testimonial page on the website.](#)

Nov 20- TSSAA State High School Cheerleading and Dance Competition. Held at the Murphy Center on MTSU's campus. Visit www.tssaa.org for more information.

Nov 25- Happy Thanksgiving!!!

Nov 25- Boro Dash. This is a 4 mile charity run in Middle Tennessee. Starts at 8am at MTSU's track and soccer field. Register at www.active.com or register the day of at 6am.

Nov 27- MTSU vs. Florida Atlantic. Come cheer on the Blue Raiders @ 2:30pm. Go to www.goblueraiders.com for more information.

Dec 4- Run for your Life 5K. Starts at 3pm. Contact donna.thomas@firstchoicepcc.com for more information.

Dec 4- Oaklands Candlelight Tour of Homes. Usher in the holiday season by touring historic downtown Murfreesboro from 4pm to 8pm.

Dec 5- Smyrna Christmas Parade. Parade goes down Lowry St starting at 2pm. This year's theme is "Favorite Christmas Songs".

Dec 9- Murfreesboro Symphony Concert: A Fireside Christmas. Held at the First United Methodist Church in Murfreesboro at 7:30pm.

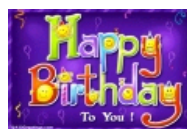
Dec 11- Frosty Fun Run. Run begins at 7:30am at the Stones River Country Club. Register by Nov 30th to be guaranteed a shirt. Go to <http://www.fleetfeetmurfreesboro.com/frosty-fun-run> to register for the race.

Dec 12- Rutherford County Christmas Parade. Parade begins on E. Main St. in front of MTSU at 1pm. Will feature bands, floats, music, and much more.



Want to know what events are going on around town?

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



Happy Birthday to you. Happy Birthday to you...

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



Monday
8am to 5pm

Tuesday
7:30am to 5pm

Wednesday
8am to 5pm

Thursday
8am to 5pm

Friday
7:30am to 5pm

****We're closed for lunch from 12-1pm****

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.

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