

## What is Haglund's Deformity?

Haglund's Deformity is an enlargement of the bone on the back of the heel that most often leads to painful bursitis because it becomes irritated by shoes.

It normally appears as a red, painful, and swollen area in the back of the heel bone.

Also known as a "pump bump" because women the rigid backs of the pump-style shoes can create pressure that aggravates the bone enlargement when walking.

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.

## Signs and Symptoms:

The most apparent symptom of the deformity includes:

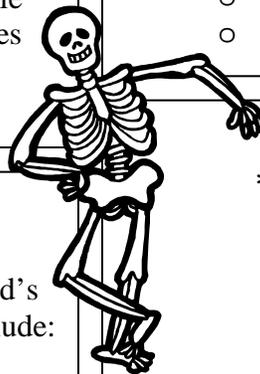
- Noticeable bump on the back of the heel
- Pain in the area where the Achilles Tendon attaches to the heel bone
- Swelling in the back of the heel
- Redness near the inflamed tissue.

## Diagnosis

There are many different factors to Haglund's Deformity. Some of the most common include:

- Heredity, such as having high arches
- A tight Achilles tendon can also attribute to Haglund's Deformity, causing pain by compressing the tender and inflamed bursa.
- A tendency to walk on the outside of the heel can be another factor. This causes the heel to rotate inward, resulting in a grinding of the heel bone against the tendon.

The patient will be evaluated after the symptoms are explained and the foot will be examined. In addition, X-Rays will be ordered to help better evaluate the structure of the heel bone.



## Product of the Month

*\*Biofreeze: The Pain STOPS Here\**



Biofreeze is a pain relieving product that is greaseless, stainless and with no lingering odor. Biofreeze relieves pain by using the cold therapy. This long lasting pain relief can last up to several hours and pain-free muscles heal faster. Patients who benefit the most from the use of Biofreeze are the ones who suffer from back pain, sore muscles, and arthritis. However, Biofreeze products help relieve pain associated with auto- and work-related injuries, sports injuries, and for all those who have a tendency to overuse or misuse their muscles and joints. Dr. Matthew Neuhaus recommends that his patients use Biofreeze for maximum pain relief between office visits.

## Let's Wish Happy Birthday to all the October Patients!

Happy birthday to you... Happy birthday to you... We'd like to give special recognition to all the patients who have a October birthday. We hope you enjoy your special day!

## Office Hours

Monday-Friday  
8am to 5pm

## Lunch

12pm to 1pm

HAPPY  
HALLOWEEN



## Community Service

### "Keeping Nashville on Their Feet"

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. Our goal is 500 collected shoes but we hope to make this an ongoing program with the help of the community. Shoe donation receptacles are located in Smyrna at the offices of: Neuhaus Foot & Ankle, Dhar Family Medicine, Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Smyrna Rexall Drugs, StoneCrest Physical Medicine and Rehabilitation Center, StoneCrest Family Physicians, and Tennessee Medicine and Pediatrics.

## Community News

Oct 17- MTSU vs. Mississippi State Football game at Johnny "Red" Floyd Stadium at 3p.m.

Oct 17- BBQ Battle and Family Fun Day at Barfield Park in Murfreesboro from 8a.m. to 4p.m. This day includes 5k run, BBQ cook-off contest, music and crafts.

Oct. 23/24- Ghost Tours and Haunted Hay Rides at the Sam Davis Home from 7pm to 11pm

Oct. 24- MTSU "Rockin' Raider" Annual Homecoming Parade beginning at 10am

Oct. 24- MTSU vs. Western Kentucky Football game at 2:30pm.

Oct. 31- Trail of Treats held at Veteran's Memorial Park from 2pm to 4pm

Oct. 31- Halloween!

## Accepting New Patients

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

### Referrals Mean the World To Us!

Starting January 2009, we will now be rewarding any current patients who refer a friend or family member with a free complimentary movie pass for them to use at the new MALCO-ROXY Theater in Smyrna. TN

## Success Story

Please submit your success story about how Dr. Neuhaus helped eliminate your foot problem. You can share your story by going to [www.neufoot.com](http://www.neufoot.com).

## Are you tired of Foot Problems?

Get a **Free** copy of  
Foot Health 101  
"Healthy Feet are Happy Feet."

Free  
Book

