



Alpine Foot & Ankle Clinic
FOOT & ANKLE CARE FOR THE WHOLE FAMILY

News and Updates *July/August 2014*



About the Doctor

Dr. Gregg Neibauer, DPM



I would like to welcome you to our first newsletter. My hope is you find it educational, yet interesting, to help maintain healthy feet along the way. Wishing you a fun and safe summer.

Get Social w/Us



Swimming is synonymous with summer. From days spent by the pool to beach vacations, we all like to relax and cool off at our favorite spot. While most people think of time in the water as relaxing, it can also be a great form of exercise. In fact, if your normal workout has you pounding the pavement or jumping up and down to a Latin beat, there's an added bonus to these care-free days of water fun—a break for your feet!

Cross-training is one of the best ways to prevent overuse injuries to your lower extremities. The constant strain that running and other high-impact routines put on your feet can lead to stress fractures, Achilles tendinitis, heel pain, and a variety of other common foot concerns. Alternating your schedule allows your feet time to rest while keeping your body in calorie-burning mode.

Diving in has other benefits, too. Laps at the pool work your entire body which builds overall strength and endurance. If you are a die-hard runner, try jogging in the water or taking an aquatic aerobics class. You're still giving your feet a rest while pushing yourself against the natural resistance that H2O offers.

Time at the pool can be very rewarding. It can give you a boost while you're healing from an injury, provide your feet a much needed rest, and build your overall fitness level. If you're experiencing foot pain, we've got you covered. Our expert staff is here to help you enjoy a summer full of fun by taking care of your foot and ankle discomfort today.



Don't Flip— Tips for Replacing America's Favorite Summer Shoes

Flip-flops aren't good for your feet. Okay, there, we said it. It's true. What your feet have been trying to tell you through heel pain and general discomfort has now been confirmed. So, what does this mean for your favorite summer shoes?

First, don't flip, and don't throw out every pair of flip-flops that you own. Keep a pair for the pool shower and deck where these quick-on, quick-off staples shine. They will help protect your feet from fungal infections and HPV which leads to plantar warts. You might even hold on to that pair that sits by the door to take out the garbage or retrieve the mail. However, for anything more, you need shoes that support your foundation.

What should you look for in a good summer sandal? First on the list is support. A flimsy piece of rubber is not enough to protect your feet from the pounding they take each day. Remember that your feet carry your weight times 1.5 with every step (even more pressure if you're running or jumping). Look for a sole that will absorb shock while giving your arch what it needs to evenly distribute weight across the foot.

Second, adjustable straps will reduce friction that can lead to blisters, corns, and calluses. This feature will also accommodate foot deformities.

Finally, if you thought wearing custom orthotics eliminated you from wearing sandals this summer, think again. Some companies make this style of footwear with removable foot beds.

If you're wondering what sandals will work best for your foot type, ask the experts in our office. We'll help you find the best fit for your feet this summer!

Mark Your Calendar

July 1 – Canada Day

July 4 – Independence Day

July 7 – Chocolate Day

July 11 – Cow Appreciation Day

July 22 – Hammock Day

August 3 – Sisters Day

August 9 – Book Lover's Day

August 15 – Relaxation Day

August 21 – Senior Citizen's Day

August 25 – Whiskey Sour Day



Say Goodbye to Chronic Foot and Ankle Pain

Let me tell you about an exciting, powerful new treatment option in our clinic: the DIOWAVE 15 Laser. Therapeutic laser treatment is a painless, safe, effective, non-surgical, and non-invasive way to treat inflammatory and painful conditions of the foot and ankle. A key benefit of laser treatment is that it treats the cause of the problem, not just the symptoms-this allows for long-lasting pain relief without side effects.

So how does the laser work? Laser light energy is applied to the injured body site, where it is absorbed by damaged cells and tissue-this stimulates the body to heal itself through its normal healing mechanisms. In essence, this is like hitting the restart button: bio-stimulation from the laser energy induces cell and tissue growth, repair, and regeneration. Chronically injured cells and tissue are reversed from a state of non-healing to healing.

The therapeutic benefits of laser treatment include:

- rapid induction of healing
- inflammation reduction
- pain reduction
- scar reduction
- increased bloodflow
- increased collagen production
- increased oxygenation
- increased range of motion



I am especially excited about utilizing laser therapy for chronic conditions such as plantar fasciitis and Achilles tendonitis. Often times these conditions have been resistant to treatment and the patient has had ongoing pain, despite repeated visits to doctors and physical therapists. Sometimes surgery has been suggested or even performed, yet the pain remains. I am happy to be able to offer a non-invasive, safe, and painless treatment that may eradicate chronic pain forever. If chronic foot and ankle pain has impacted your life and you feel there is nothing left that can be done, please call us today or come in for a consultation to discuss options for treatment, to include laser therapy.



GO GREEN(ER) with Alpine Foot & Ankle Clinic

The past few years we have implemented Electronic Medical Records, saving space and paper; recently we have upgraded the system to include a **Patient Portal**. This Internet based tool simplifies communication between patients and Dr. Neibauer's TEAM. It will also allow you to:

- 24-hour secure access to your medical records
- Request appointments and receive appointment reminders
- Review latest test results
- View medication list and request prescription refills
- Maintain account information
- Pay your bill online
- Eliminate time consuming phone calls by sending secure messages via the portal
- Legal guardians can have up to date knowledge of a loved one's care

If you are interested please call our office or inquire at your next appointment. All you need is an email address.



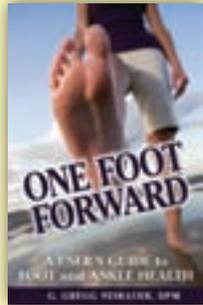
Alpine Foot & Ankle Clinic
FOOT & ANKLE CARE FOR THE WHOLE FAMILY

Dr. Gregg Neibauer, DPM
1845 Bancroft Street, Missoula, MT 59801



Free
Book

Call (406) 721-4007
or visit
www.AlpineFoot.com



No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

Free Your Feet from Bunion Pain

Bunion pain leaves you feeling anything but liberated. Your feet long to be free from the prison of your shoes, and if you're like most people, summer seems to hold the answer—flip-flops, right?

Wrong! While a change in footwear may be one of the first things recommended by our office, a switch to these flimsy sandals-of-sorts will only lead to more foot and ankle pain. However, you can give your feet the space they crave by selecting a shoe style with a wider toe box.

Flip-flops are out, but a good pair of sandals may be the ticket to cool summer feet. Some styles are built with good support, so shop smart and choose sandals with adjustable straps to reduce friction against this deformity. If you're still uncomfortable despite new shoes, help is available.

Conservative treatment for bunion pain goes beyond the shoes you wear. At home, you may find that applying ice at the end of a long day may bring relief. Custom orthotics can be very effective in addressing the underlying structural issues that have led to the bunion. They can relieve pressure from the area as well.

Your doctor may also suggest placing a pad over the bump and taping it into proper position. Splinting at night may ease the discomfort too. In addition, you can take anti-inflammatory medications, but check with your doctor first. If all of these options fail, surgery is sometimes recommended to bring relief to your aching feet.

Don't miss out on one minute of summer fun! Freedom from bunion pain is only a phone call away-- schedule your evaluation today.

