



Alpine Foot & Ankle Clinic
 FOOT & ANKLE CARE FOR THE WHOLE FAMILY
 Dr. Gregg Neibauer DPM

2016

Happy New Year!

News and Updates *January/February 2016*



A Message From the Doctor

Dr. Gregg Neibauer, DPM



Wishing you a happy, healthy, and prosperous New Year!

Support your local hockey team & Go Missoula Bruins!

Get Social w/Us



How to Avoid New Year Stress (Fractures)!

This is the time of year that we try to do everything and seldom get a chance to sit down! After all, there are so many promises to be kept in such a short amount of time. However, if you are suddenly trying to keep a new workout regiment, and shop for all the healthy food, it might not be Happy New Year to your feet! A sudden influx of activity can lead to stress fractures, and that is not so fun.

These hairline breaks, or cracks, occur from stress placed upon your bones, often as a result of increased and repeated physical activity. The best way to avoid them? Slow down! We know you have goals, but it is important not to do too much too soon. Before you hit the treadmill, do some stretches. After a good work out, make sure to let your feet and body rest. Also, make sure you wear good, comfortable shoes with plenty of support. You may even want to consider orthotic shoe inserts---ask our helpful staff how these can benefit you.

If you follow these guidelines, you should be able to keep up with your resolutions, at least the ones involving your feet! Happy New Year!!!



Bedtime Tips for Diabetic Feet

There's nothing like a nice, relaxing bath before bed! January just happens to be Bath Safety Month, though, so while you're enjoying a little downtime, we want to remind those of you with diabetes of some safety guidelines to follow when getting ready to hit the hay.

- Before you bathe, check your feet closely for anything out of the ordinary—look for things like blisters, discoloration, and cuts that should be treated immediately to avoid infection. (If you see something, be sure to make an appointment with us right away!)
- Next, if your toenails need trimming, use sterilized clippers, making small cuts straight across so that nails are even with the tips of your toes.
- When drawing your bath, always check the temperature with your arm...stepping in with nerve damaged feet may lead to dangerous burns if you don't realize the water is too hot.
- Always use mild soap and warm water—not hot—and be sure not to soak too long, since that can impede the healing process if you have any wounds.
- When you get out, it's very important to dry your feet thoroughly, and don't forget to dry between your toes!
- Keep dry, cracked heels at bay by lightly applying moisturizer, making sure not to get it between those toes you just dried so well.
- Slip on some cozy socks if you like, but make sure they're not too tight.
- Lastly, if you decide to get up for a midnight snack, always put on your slippers to protect your feet from harm, but check them first in case there's anything in them that could damage your feet.

Follow these bedtime tips and you'll be sure to have a peaceful night's sleep.

Sweet dreams!

Mark Your Calendars

- January 3** Fruitcake Toss Day—Ready....PULL!
- January 22** Squirrel Appreciation Day—SQUIRREL
- January 28** National Fun at Work Day—That's Fun, not Pranks
- February 7** Send a Card to a Friend Day—Handwritten,
With a Stamp
- February 17** Random Acts of Kindness Day—Try for 10
- February 20** Love Your Pet Day—Perhaps Homemade Treats





Get Started Now on Your Ugly Toenails for Summer



Ugly, unsightly toenails may result from many causes, most often fungal infection but also at times from trauma: this can result in toenails that look thick, discolored, and diseased. The **DIOWAVE Laser** can effectively treat such toenails, reduce fungal infection, and help restore a more normal, revitalized nail appearance. The procedure is quick to perform, safe and effective, and virtually painless. The benefits of treating ugly toenails with laser therapy include:

- No medication
- No anesthesia or surgery
- No blood tests
- No potential systemic side effects

Call us today at (406) 721-4007 to set up an appointment and find out if laser therapy is right for you!



Are You Ready for Some Football?

It's not too early to start planning that Super Bowl party! Kick off the festivities with this crowd-pleasing appetizer, sure to score big:

Buffalo Chicken Dip *from the Food Network Kitchen*

Mix 4 oz. softened cream cheese with a half cup each of sour cream and Frank's RedHot sauce (or ¼ cup of other hot sauce). Fold in 2 cups shredded rotisserie chicken, and pour mixture into small baking dish. Sprinkle with celery seed, chopped scallions, and shredded cheddar, then bake at 425 degrees F until bubbly. Serve with tortilla chips. Touchdown!



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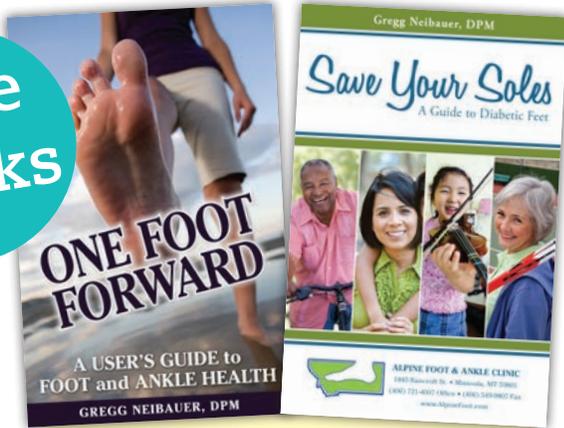
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Free
Books



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

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Balance Exercises to Keep You on Your Feet

Your sense of balance typically decreases as you age, which can be a contributing factor to debilitating falls. Luckily, there are some things you can do to improve your balance so you stay upright where you belong!

Do the Flamingo - You can start out by simply standing on one leg. Hold on to a chair, counter top, or loved one if you like, and hold the pose for 10 seconds, then switch and repeat. As you progress, you can let go, place your lifted foot on your inner thigh, or lift your leg behind you.

Walk the Tight Rope - Raise your arms to each side, shoulder height, then find a focal point directly in front of you. Keep staring at it while you walk one foot in front of the other, heel to toe. Gradually increase the distance.

Strike a Pose - Yoga and Tai Chi are both excellent exercise options to build your balance. Classes are typically inexpensive and require virtually no equipment. If you prefer to stay at home, no problem—just pick up an instructional DVD.

Strengthening your muscles and staying active can also go a long way toward keeping you on your feet. To find out more tips for not tipping over, just ask. We are always happy to help!

