



# What to Do About Nerve Pain in Your Feet

A tingling, burning, shooting sensation jolting through your feet can be quite frightening! Even worse could be feeling nothing at all.

Such sensations often arise from some form of nerve condition or damage in the feet.

The nerves in our feet can be particularly susceptible to problems because of their distance from the heart. It's more of an effort for our bodies to supply blood and essential nutrients to this area. If someone has poor circulation or complications from a condition such as diabetes, the nerves are more likely to become damaged or have problems recovering from injury.

Potential nerve damage in the feet, also known as neuropathy, is not something to ignore. Such symptoms may be signs of a deeper problem that may cause complications if not addressed.

The good news is that, once we get to the root of a neuropathy cause, there are usually steps that we can take to help alleviate the pain or manage the symptoms. Such methods may include physical therapy, medication, or nerve stimulation therapies.

In some cases, surgery might be required to relieve pressure against a nerve that is compressed against a bone or harder tissue.

If you have been suffering from pain or numbness in your feet, don't wait any longer. Let us know if you're experiencing pain today!

## A Message From the Doctor

Dr. Gregg Neibauer, DPM



Fall is nearly here! Inside are some interesting articles on fall risk

prevention, nerve pain, and our "Soctoberfest"

sock drive. Enjoy the cool

Montana air and a

beautiful season!

Get Social w/Us





# Fall is The Perfect Time to Talk Fall Prevention

There's nothing like a stroll in the park on a beautiful fall day, with the crisp air and all the colors, but be careful—as we grow older, our risk of falling increases and that can seriously impact our health and independence. Now that doesn't mean we should forego our walks completely—on the contrary, exercise keeps muscles strong which reduces the risk of falling. Just be mindful of where you're walking. There may be roots on the trail hidden by slippery, wet leaves. Choose a course that is clear of such obstacles, or try yoga or Tai Chi which can improve balance along with building strength. Here are some other fall prevention tips to keep in mind:

**Know your medications.** Some medications can have side effects of dizziness or drowsiness, which can clearly make falling more likely.

**Keep a clear view.** Be sure to have your vision checked every year to keep your prescription up to date.

**Eliminate home hazards.** Make sure your house is clear of clutter and other tripping hazards, like loose throw rugs, cords, or shoes. You can use non-slip floor mats to keep rugs from slipping. In addition, good lighting is very important. Be sure to use bright light bulbs as well as nightlights. It's also a good idea to keep items you use often in low cabinets to avoid needing a step stool. Finally, install handrails in hallways, staircases, and bathrooms.

The above tips are a great start to preventing falls. In addition, Dr. Neibauer does a thorough fall risk analysis for patients and offers Moore Balance Braces to increase stability.

**Moore Balance Braces:** These braces help stabilize the foot and ankle, and when worn as a pair, reduce the chance of falling.

Follow these tips and you'll not only improve your chances of staying on your feet, but you'll be much more likely to stay healthy and active, too! If you or someone you love is unstable walking, please call our office to schedule an appointment.

## Mark Your Calendars

- September 7** National Food Bank Day – Drop off food items for those in your area.
- September 22** Elephant Appreciation Day – How can you not appreciate them?
- September 25** National One-Hit Wonder Day – Play your favorite song by what's-their-name.
- October 3** National Walk to School Day – Brings back memories.
- October 14** National Dessert Day – Who doesn't love a great dessert?
- October 27** National Make a Difference Day – Send someone a note of appreciation.



# Can Small, Frequent Meals Boost Your Energy?

You know the old adage that we all need three square meals a day to be healthy, but there's something to be said for eating smaller, more frequent meals if you're an athlete.

According to experts at Cleveland Clinic, athletes or those who are physically active, may benefit from more frequent mini-meals. Keeping a steady fueling pattern can help athletes maintain blood sugar levels, boost their metabolism, and provide a consistent flow of nutrients.

Five or six meals per day, starting with breakfast 1-2 hours after waking and eating again every 3-4 hours, is a healthy plan. Each meal should be small to moderate in size.

If you have trouble feeling full during exercise, a meal replacement shake or smoothie might help avoid feeling bloated.

If you don't have as much time during the week, plan on preparing the bulk of your meals over the weekend. Also stock up on non-perishable snacks such as jerky, protein bars, pouched tuna, and nuts. Keep a variety for the full array of nutrition!

Whatever you do, no matter how active you are, don't skip meals. That's a ticket to decreased metabolism and energy every time.



## Hot Mulled Cider

Some people can't wait to get into autumn once September hits. If you're one of them, you'll likely fall for a hot mug of mulled apple cider! You can make this in your slow cooker!

Note: This recipe is non-alcoholic, but you can add a bit of brandy, bourbon, or rum to your taste.

### Ingredients

- 1 gallon fresh apple cider (look for the cloudy, refrigerated stuff)
- 1 medium orange
- 1 piece of fresh ginger, 1.5 inches
- 5 cinnamon sticks, 3 inches each
- 1 tbs. whole cloves

### Instructions

- Pour the cider into a slow cooker that can hold more than 5 quarts.
- Cut the orange into quarter-inch rounds and the ginger into quarter-inch thick slices. Add both to the slow cooker.
- Add cinnamon sticks and cloves. For easy removal, place them in a tea ball before adding to the mix.
- Cover the slow cooker and cook 4 hours on LOW, until flavors combine.
- If you want to remove the spices, strain the cider through a fine-mesh strainer or cheesecloth into a large pot.
- Serve in mugs. Garnish with orange slices, if desired.



Alpine Foot & Ankle Clinic

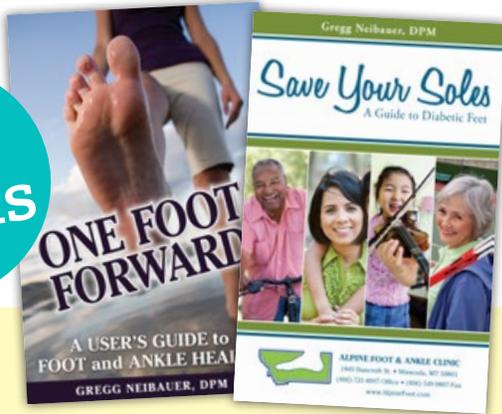
FOOT & ANKLE CARE FOR THE WHOLE FAMILY

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Books



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visit [www.AlpineFoot.com](http://www.AlpineFoot.com)

We want to thank you for referring patients to us. We are very glad that you trust us with your patients, family and friends. Making our patients feel comfortable at our office and healed is most important to our staff at Alpine Foot and Ankle Clinic! Thank you for partnering with us.

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# Soctoberfest is Here!



October is nearly upon us and we are so excited about our fall event. The TEAM at Alpine Foot & Ankle is doing a sock drive for The Valor House and Housing MT Heroes. The Valor House and Housing MT Heroes are transitional housing programs for homeless veterans whose goal is working towards stable housing. [www.theoverellocenter.org/programs-services/valor-house](http://www.theoverellocenter.org/programs-services/valor-house)

Throughout the month of October we will be collecting socks for both programs to donate the first week of November. Tuesdays in October will be "Crazy Sock Day" with TEAM ALPINE. We will take photos of staff and patients wearing wild socks and will post them to our Facebook page (with your permission, of course).

Please consider participating by bringing in a pair or two of new socks for our veterans. This is a great, simple way to reach out and thank our veterans for their service to our country.

We will have a basket in our reception area for your donations. Winter will be here before we know it and your gift of warm socks is much appreciated. Thank you for being so thoughtful and generous. We appreciate you!