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Breaking News!

We now have laser therapy! Laser therapy is an injectionless treatment for heel pain. Laser therapy treats chronic pain in the heel and arch in just a few treatments, without needles and pain. It can be used for many chronic conditions originating from muscle pain, tendon type pain and nerve pain.

Laser therapy can also treat thickened, ugly nails. They can cause pain, and even infections in the toes. In just a few brief treatments with the laser we can get great results.

Call us immediately for an evaluation!

OUR OFFICES:

North Andover Office

451 Andover Street
Suite 300
North Andover, MA 01845
(978) 794-8406



Bradford Office

145 Ward Hill
Bradford, MA 01835



Methuen Office

60 East Street
Methuen, MA 01844

Lowell Office

704 Rogers Street
Lowell, MA 01852



Athletic Foot Care

Game on! As another sports season begins, we are advising you on the best ways to protect your feet while you continue your active lifestyle.

Whether you are a professional athlete or play sports just for fun, the demands made on your feet and lower limbs can lead to a range of injuries, including blisters, sprained ankles, torn ligaments, shin splints (leg pain), knee pain, low back pain and other joint or muscle problems. Added to these are common complaints such as corns, calluses and Athlete's foot. Your running style, poor footwear and even minor limb length differences can also contribute to injury.

It is vital to your game, and your body to have your feet checked regularly, especially if you are active. It is essential to be proactive in this matter, and have your feet checked before you have serious problems down the road. Your podiatrist can check for problems that you or another untrained eye cannot see. Letting problems worsen can lead to ankles, knees, even back problems!

Got a problem you need help with? Want to stay educated on your foot care? No problem, our website has it all!!! Blogs, articles, free books... & MORE!

www.mitchellwachteldpm.net

Meet Our Staff

- Dr. Mitchell J. Wachtel, D.P.M.
- Suzanne H. Pieri, Physical Therapist
- Deb Foster, Physical Therapy Assistant
- Jackie, Physical Therapy Scheduler and Billing Expert
- Jessie, Office Manager and Web Marketer
- Joe, Patient Relations Liaison and Coordinator
- Brenda, Medical Assistant
- Jessi, Medical Assistant
- Juana, Medical Assistant
- Debbie, Billing Assistant
- Amanda, Receptionist

Head to Toe Physical Therapy

We are pleased to introduce our new physical therapy department, Head to Toe Physical Therapy. We provide all forms of physical therapy for the entire body. Please welcome our physical therapist Suzanne Pierri, P.T., and physical therapy assistant Deb Foster, PTA. They are looking forward to healing your pains. Our physical therapy services are offered at our North Andover and Lowell locations. Just call for an appointment.

Here are some tips for athletic foot care:

1. Wash your feet every day, and dry thoroughly.
2. Wear only good-quality, well-fitting synthetic socks.
3. Get in shape. Being overweight or out of shape places added stress on the feet.
4. Wear correct shoes. Footwear should be given the same consideration as any other piece of sporting equipment. Shoes should protect as much as possible, be durable, and should be right for the sport surface and for stability.

Tip of the Month:

The cost of foot surgery to correct foot problems from tight-fitting shoes is \$2 billion a year, according to the AAOS. If time off from work for the surgery and recovery is included, the cost is \$3.5 billion...what does this mean?

PREVENTION!! Get better before you get worse, come in and check out our complete shoe line to protect your feet this season and this lifetime!!

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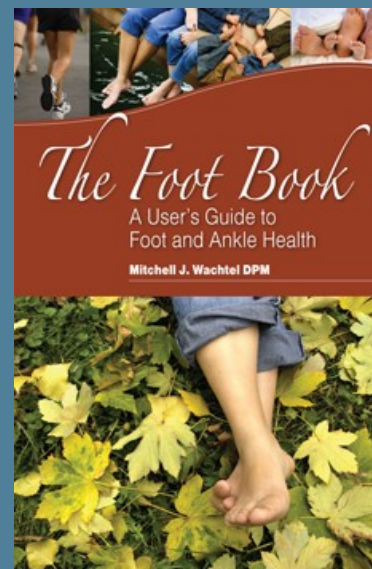


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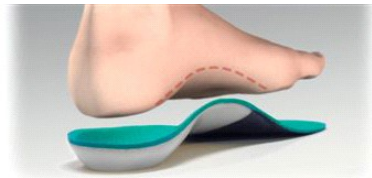
Click on the book below to order your free copy of **The Foot Book, A User's Guide to Foot and Ankle Health.**



"I wrote this book because too many people suffer from foot and ankle pain unnecessarily."

--Dr. Mitchell J. Wachtel

Product of the Month: Custom Orthotics



Orthotics are prepared foot supports that are used to treat many different foot disorders. Orthotics are designed to be worn under the heel and arch of the foot to help relieve pain, absorb

shock, and correct abnormalities. Many people suffer from hyperpronation (flat feet) and hypersupination (high arches) which will cause instability in the foot, and other areas, leading to pain from excessive stress and strain. Orthotics work to ease these issues and improve foot functions. Orthotics will also help to relieve pain in other areas of the body such as ankles, legs, backs, knees and hips.

How do you know if you need orthotics?

- You have flat feet or feet with high arches
- Your feet hurt after standing on them for a period of time
- You have excessive weight
- You have foot, ankle, knee, hip or back pain
- Your feet point inward or outward when you walk
- One leg is longer than the other
- You are athletic/participate in sports
- You have obvious foot issues (bunions, corns, claw toe, plantar fasciitis)

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence mean the world to us and have helped our practice to grow over the years. We'd like to say a very big THANK YOU to all our patients who have sent us a referral this month.

THANK YOU FOR THESE REFERRALS!

Let's Wish Happy Birthday to our Patients!

Happy birthday to you...
happy birthday to you...
we'd like to give special
recognition



to all the
patients
who have
a January
birthday. We have a large
patient population with a
birthday in January, so
unfortunately we cannot
list all of you. We hope
each one of you enjoys
your special day.

Thanks for reading!