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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.

Continue on next page...



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



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 ankle, knee, even back problems!

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New Treatment Option:

Laser Therapy

Quick, Easy, Painless, In-Office
Procedure

Check out what our patients are saying about how
INCREDIBLY the laser treated their Achilles
Tendonitis...

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"LIKE" our new Facebook Fan Page!

ALERT!



Log on and "LIKE" us...
We need friends like you!

<http://www.facebook.com/pages/Mitchell-Wachtel-DPM/197639469694>

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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.

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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 and surface for stability.

Orthotics are prepared foot supports that are used to treat many different foot disorders.



***These are GREAT for all athletes**

Follow us...

-  on Facebook
-  on Blogger
-  on Twitter
-  on our Blog
-  on MySpace
-  on YouTube

The Benefits of Laser Therapy

Use Laser Therapy to FINALLY END YOUR PAIN!

What is it?

A **quick, affordable procedure** that uses laser technology to draw healing components (i.e. water and nutrients) to the painful area.

Who should use it?

EVERYONE WITH PAIN!! Everybody with chronic pain will benefit from laser therapy; famous athletes to diabetic patients will see dramatic results.

Where is it available?

Laser Therapy is available in **all four of our office locations** (North Andover, Lowell, Bradford, Methuen)

When should I have it done?

NOW! This **quick, painless, and affordable treatment** will finally help you feel better... the **quicker you get it done, the quicker you feel better.**

Click here for more info:

<http://www.mitchellwachteldpm.com/laser-therapy.html>

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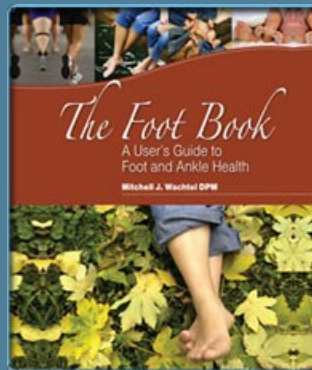
Product of the month: Sandalistas from Aetrex

Sandalistas are extremely stylish sandals that are durable and ideal for heel and arch pain, as well as tendonitis. They have a great support system and come with customizable orthotics support in the sandal which is both removable and reusable. Come by the office to be fit and evaluated for a pair.



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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

Happy Mother's Day to all the special mothers out there.

Mothers will always hold a special spot in a child's heart.



Diabetic? We've Got You Covered...

1. Comprehensive Foot Exams
2. Medicare Approved Shoes
3. Soothing Diabetic Socks
4. FREE BOOKS!
5. **AmeriGel: foot and ankle cream that protects as moisturizer, antibacterial and antifungal; can treat wounds and sores**

Did you know that 85% of diabetes related amputations are caused by a non-healing ulcer?
 The American Diabetes Association's "requires" an annual comprehensive diabetic foot examination to assess all lower extremity risk factors of diabetic patients....
Schedule your appointment today!! (732) 968-3833

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



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Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that our new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle!

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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!

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DISCOVER THE DIFFERENCE!

Bunion Surgery Does Not Have To Be Painful!



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
- Kristin, Patient Relations Liaison
- Brenda, Medical Assistant
- Jessi, Medical Assistant
- Juana, Medical Assistant
- Debbie, Billing Assistant
- Amanda, Receptionist

Thanks for reading!