



# Premier Podiatry & Orthopedics



February Newsletter 2024

## Podiatry Section: Love Your Feet this Valentine's Day

As the month of love approaches, we're dedicating this edition to a crucial aspect of your well-being that often goes unnoticed—your feet. Show them the love they deserve with our comprehensive guide to foot care, encompassing tips, treatments, and a groundbreaking therapy currently available in our offices.

### Heel Pain

Bid farewell to those persistent heel pains that have been slowing you down. Explore our insightful guide on understanding and alleviating plantar fasciitis and general heel discomfort. Your journey to pain-free steps begins here!

### Tips to Help Love Your Feet

- **Soothing Foot Massages:** Treat yourself or a loved one to the luxury of a foot massage, not just for relaxation but also for therapeutic benefits.
- **Step into Comfort:** Discover the latest trends in comfortable footwear that merges style with support.
- **Exercise for Happy Feet:** Embrace a simple yet effective exercise routine to enhance foot flexibility and strength.

### Custom Orthotics

Step into the future with custom orthotics tailored to cradle your unique feet, offering unparalleled support and alignment. Explore the transformative benefits of custom orthotics and how they complement Remy Laser Therapy for comprehensive foot care.

### Insurance Coverage for Custom Orthotics

Did you know most insurance plans cover one pair of custom orthotics per year? Maximize your benefits and provide your feet with the support they deserve. Check with your insurance provider to unlock this often-overlooked benefit.

## Orthopedics Section: No Love for Knee Pain

In February, let's tackle a common issue: knee pain. Whether from injury or gradual onset, timely medical care is vital. Swiftly diagnose and address the source to minimize discomfort and maintain mobility. If you're dealing with knee pain, don't wait! Contact our specialists promptly for assistance in regaining control.

**Understanding Knee Pain:** Knee pain can stem from various sources, including injuries, arthritis, or overuse. Identifying the root cause early on is key to ensuring your comfort and mobility in the long run. If you or a loved one is grappling with knee pain, don't hesitate to ask for help.

**Causes of Knee Pain:** Our specialists address various knee issues, including ligament injuries, meniscus tears, arthritis, bursitis, cysts, chondromalacia, kneecap dislocation, and tendinitis.

### When to Seek Professional Help

- Severe pain at rest or while walking.
- Buckling or giving out of the knee.
- Audible "pop" during an injury.
- Rapid, severe swelling within hours of an injury.
- Change in the shape of the knee.
- Specific tender spots or pinpointed pain.
- Knee pain lasting over three days, regardless of severity.
- Difficulty straightening the knee.

### Treatment Options

After a thorough examination, we may recommend conservative treatments like rest, orthotics, pain management, and physical therapy. If needed, surgical options such as knee arthroscopy or replacement may be considered, always focusing on the least invasive options.

Don't wait for proper help. Act promptly to increase relief and reduce lasting issues. Call Premier Podiatry & Orthopedics at (916) 961-3434 for an in-person or telemedicine appointment.

Take the first step to healthier, pain-free knees. We're here to support your journey to improved mobility and well-being.

### Important Holidays and Dates for February!

02/02 - Groundhog Day  
02/11 - Super Bowl Sunday  
02/14 - Valentine's Day  
02/19 - Presidents' Day

