

CrossBay Foot Care Center

157-02 CrossBay Boulevard, Suite 202
Howard Beach, NY 11414
(718) 835-0100

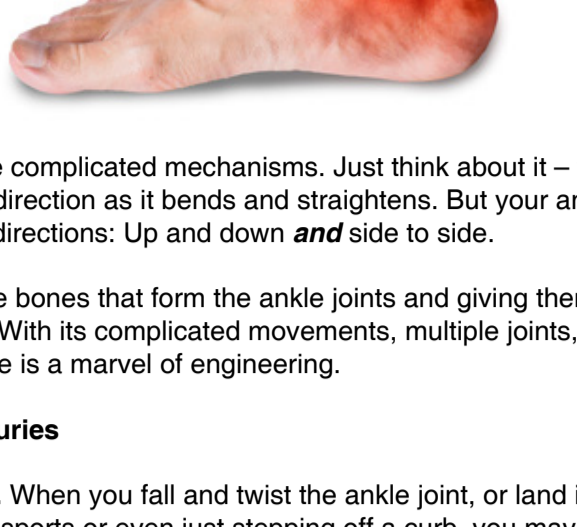
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Easing Ankle Pain with Innovative Technology



Your ankle joints are complicated mechanisms. Just think about it – your knee joint only has to move in one direction as it bends and straightens. But your ankle joints allow your foot to move in two directions: Up and down **and** side to side.

Connecting the three bones that form the ankle joints and giving them stability are a series of ligaments. With its complicated movements, multiple joints, muscles and ligaments, your ankle is a marvel of engineering.

Common Ankle Injuries

- **Ankle sprains.** When you fall and twist the ankle joint, or land in an awkward position during sports or even just stepping off a curb, you may have an ankle sprain. Sprains occur when the ligaments are torn or stretched causing swelling and pain as well as bruising and the inability to bear weight on the ankle. The RICE method of Rest, Icing, Compress with an elastic wrap and Elevate the leg can help. However, if your ankle is still painful and swollen after a day or two, please come in for an evaluation as you may have a more severe injury.
- **Chronic lateral ankle pain.** You will feel intense pain or a dull ache that prevents you from walking. The ankle may be stiff, swollen or tender, and may buckle causing further injury. Non-invasive treatments include steroid injections, ankle braces, anti-inflammatory medications and physical therapy. Some cases may require surgery.
- **Arthritis.** Whether osteoarthritis, rheumatoid arthritis, gout or psoriatic arthritis, this painful disease can affect the ankle joint too. Conservative methods of taking anti-inflammatory medications and switching to shoes with thick soles and good arch support can help. Custom-fitted orthotics that limit joint movement can make it more comfortable to walk.

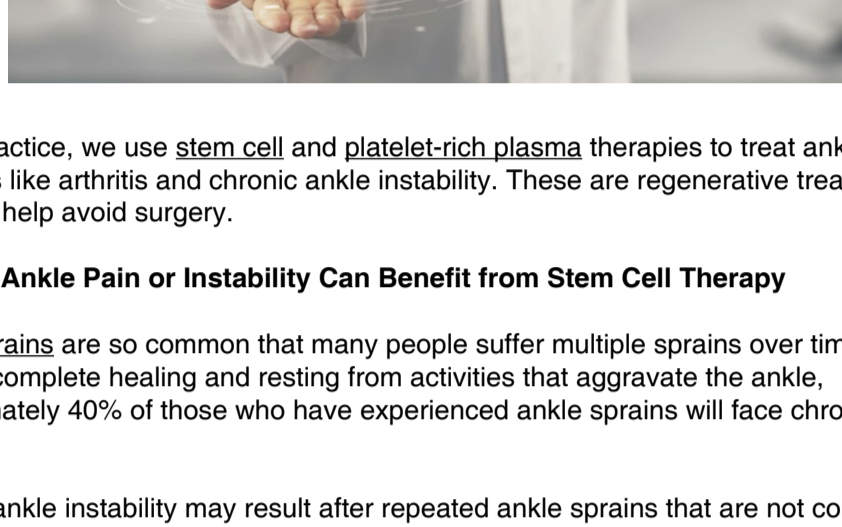
Stem Cell and Platelet-Rich Plasma Therapies: Highly Effective for Ankle Arthritis

Stem cells have remarkable properties that allow them to change into different cell types. Therefore, when harvested directly from the patient and injected into joints or tissues, they will develop into healthy cartilage tissue to ease the joint pain from arthritis.

Another highly-effective treatment is **platelet-rich plasma therapy**. Our blood contains platelets that are important in helping our blood to clot. When the platelets are combined with plasma, creating platelet-rich plasma or PRP, and then injected into the area of arthritis, healing is accelerated and painful symptoms are relieved.

If you have foot or ankle pain from an injury or caused by arthritis, please call us at (718) 835-0100. Our board-certified podiatrist **Dr. Debra Weinstock** has extensive experience in diagnosing and treating foot and ankle conditions for patients of all ages. Our Howard Bay office has convenient hours. Contact us today to start relieving your arthritis pain – we can help!

Stem Cell and Platelet-Rich Plasma Therapies Speed Healing of Chronic Ankle Problems



At our practice, we use **stem cell** and **platelet-rich plasma** therapies to treat ankle problems like arthritis and chronic ankle instability. These are regenerative treatments that may help avoid surgery.

Chronic Ankle Pain or Instability Can Benefit from Stem Cell Therapy

Ankle sprains are so common that many people suffer multiple sprains over time. Without complete healing and resting from activities that aggravate the ankle, approximately 40% of those who have experienced ankle sprains will face chronic ankle pain.

Chronic ankle instability may result after repeated ankle sprains that are not completely healed. This condition occurs when there is a recurring "giving way" of the outer side of the ankle. The "giving way" may occur during sports or walking, but may happen even when just standing. Symptoms include persistent swelling and pain, a feeling of being wobbly along with repeated ankle sprains.

Chronic or acute ankle pain, or ankle instability, may be successfully treated with **stem cell therapy**. We do this procedure right here in our office. The stem cells are harvested from the patient and then injected directly into the problem joint. There is little discomfort and the patient can resume normal activities right away. There are fewer immune rejection problems and the stem cells go to work right away to boost healing.

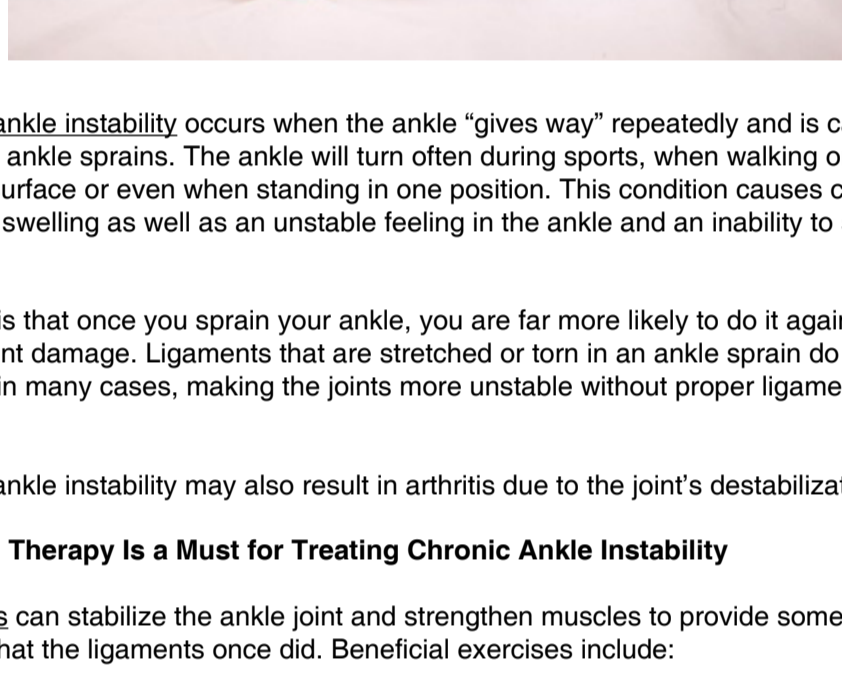
Platelet-Rich Plasma Therapy Relieves Pain and Promotes Healing

Platelet-rich plasma therapy, or PRP, successfully treats orthopedic conditions including arthritis; fractures; muscle, ligament and tendon injuries.

PRP is an effective treatment for ankle instability. The patient's blood is drawn and placed into a centrifuge to obtain a high concentration of platelets. The PRP will then be injected right into the ankle ligaments to begin accelerating the healing process by increasing blood flow to the damaged area. Some patients may benefit from a second or third treatment, and most will wear a walking boot to limit stress on the ligaments while healing.

Please contact **Cross Bay Regenerative Medicine/Biologies** if you have recurring ankle sprains or any other foot or ankle injury. We will evaluate you to determine if you are a candidate for stem cell or PRP therapy. **Dr. Debra Weinstock**, **Dr. Benjamin Bieber**, and their staff have the right experience and skills to apply cutting-edge technology and relieve many injuries and chronic conditions. You can reach our Queens office at (718) 835-0754.

Defeat Chronic Ankle Instability with Physical Therapy



Chronic ankle instability occurs when the ankle "gives way" repeatedly and is caused by recurrent ankle sprains. The ankle will turn often during sports, when walking on an uneven surface or even when standing in one position. This condition causes chronic pain and swelling as well as an unstable feeling in the ankle and an inability to stand on one leg.

The fact is that once you sprain your ankle, you are far more likely to do it again because of ligament damage. Ligaments that are stretched or torn in an ankle sprain do not heal properly in many cases, making the joints more unstable without proper ligament support.

Chronic ankle instability may also result in arthritis due to the joint's destabilization.

Physical Therapy is a Must for Treating Chronic Ankle Instability

Exercises can stabilize the ankle joint and strengthen muscles to provide some of the stability that the ligaments once did. Beneficial exercises include:

- Balance
- Proprioception, or awareness of the position and movement of the body
- Walking
- Exercise band

Manual therapy of the affected area can help mobilize scar tissue, reduce muscle tension and improve ankle healing. Physical therapy (PT) can include many different exercises and treatments to strengthen the ankle, retrain muscles, improve range of motion and balance. For athletes, PT can also include specific training for their sport.

Taping the ankle or wearing a brace can reduce the chance of future sprains and make the patient feel more comfortable and secure.

Physical therapy can make a real difference in relieving the pain and inflammation of sports injuries as well as arthritis. Please call us at (718) 835-0084 to get started on the path to pain-free walking. Our professional therapists have significant experience in helping clients ease their heel and foot pain and regain their ability to walk, exercise and work pain-free. Our Howard Beach office has convenient hours including some evenings. Don't wait any longer – contact us today!

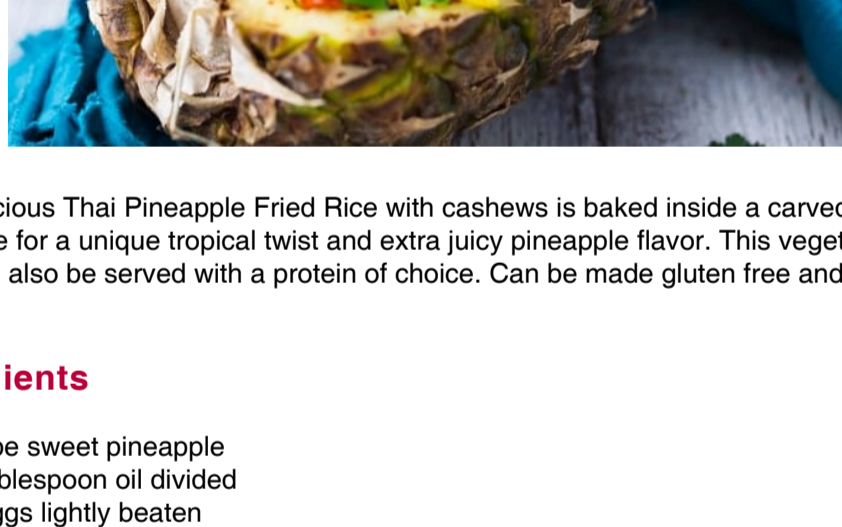
Cosmetic Corner



Are you embarrassed to show off your toenails during the summer?? Don't hide them anymore! We now offer Keryflex nail restoration system! This is an IMMEDIATE fix to discolored, cracking or fungus toenails! Please visit www.keryflex.com then call and make your appointment today! You will truly be amazed at the before and after pictures.



Recipe of the Month Thai Baked Pineapple Fried Rice



This delicious Thai Pineapple Fried Rice with cashews is baked inside a carved pineapple for a unique tropical twist and extra juicy pineapple flavor. This vegetarian meal can also be served with a protein of choice. Can be made gluten free and clean eating.

Ingredients

- 1 ripe sweet pineapple
- 1 tablespoon oil divided
- 2 eggs lightly beaten
- 4 green onions whites chopped, greens cut into 1/2-inch pieces
- 3 garlic cloves roughly chopped
- 2 cups cold cooked rice white or brown
- 1 cup frozen diced carrots and peas thawed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon ground coriander
- 1/4 teaspoon chili flakes
- 1/4 cup roasted cashews
- 1 tablespoon coconut milk
- 1 tablespoon soy sauce (sub Tamari to make gluten-free or liquid aminos)

Instructions

1. Preheat oven to 375 F.
2. Prepare the pineapple by cutting it in half. Carve out the flesh while leaving the skin intact to create cavities. Chop half of the flesh into small chunks (about 1 cup) and set aside. Freeze remaining pineapple for other use. Pat the pineapple halves dry with paper towel. Cover the leaves with aluminum foil to keep from burning. Bake the pineapple boats for about 5 minutes to dry them.
3. Heat 1/2 tablespoon of oil in a large skillet or wok on high heat. Add the eggs and cook without stirring for about 30 seconds. Then stir quickly to scramble and remove from pan.
4. Add the remaining 1/2 tablespoon oil to the pan, stir in onion whites and garlic and stir fry for half a minute until fragrant. Add the thawed carrots and peas and fry for a couple minutes.
5. Push the veggies to one side of the pan, then add the cold cooked rice. Stir fry on high while adding coconut milk, soy sauce and spices (salt, pepper, turmeric, coriander and chili flakes).
6. Combine with the veggies from the side of the pan and stir scrambled eggs back into the rice. Add in green onion pieces, chopped pineapple and cashews and stir. Fill into pineapple shells and bake for about 10 minutes until heated through.
7. Garnish with more cashews and green onion. Serve right away.

Recipe courtesy of LeelaLicious.com

HELP US GROW!

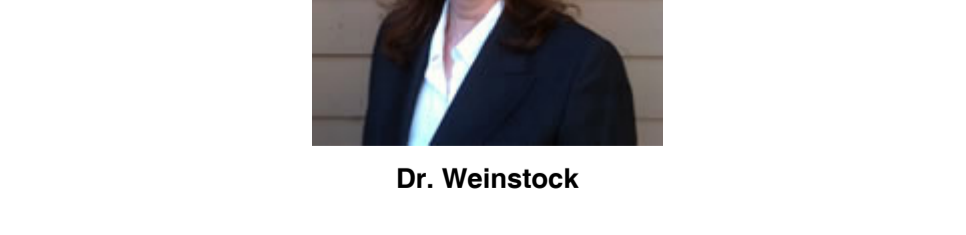
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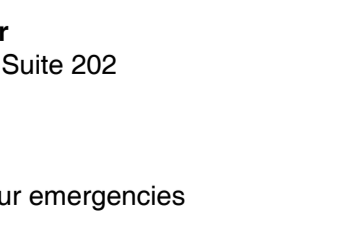
Foot Funnies

☺ What shoes do secret agents wear?
Sneakers.

Follow us...



Meet Our Doctor



Dr. Weinstock

Our Office

Cross Bay Foot Care Center
157-02 CrossBay Boulevard, Suite 202
Howard Beach, NY 11414
(718) 835-0100
(718) 843-2233 Fax
(646) 401-3563 - For after hour emergencies

Office Hours

8:30 am to 7:00 pm

Doctor Hours

Monday : 10am - 7pm
Tuesday : 10am - 7pm
Wednesday : by appointment
Thursday : 10 am 7pm
Friday : by appointment

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