

CrossBay Foot Care Center

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www.crossbayfootcarecenter.com

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Modern Technology Can Help Relieve Heel Pain Caused by Plantar Fasciitis



Heel pain can really ruin your day. When every step is painful, you will have difficulty working, exercising and even just walking.

Plantar fasciitis is the most common cause of heel pain. The plantar fascia is a thick band of tissue that runs along the bottom of your foot from your heel to the toes. This tissue helps form the arch of the foot.

Because of overuse or injury, the plantar fascia can develop tiny tears and become inflamed. Plantar fasciitis causes sharp or throbbing heel pain that is worst first thing in the morning when you get out of bed.

Ease Plantar Fasciitis Pain with Platelet-Rich Plasma Treatments

Traditional therapies for plantar fasciitis pain like rest, heel lifts, night splinting and medications may not be effective. At Cross Bay Foot Care Center, we use Platelet-Rich Plasma treatments, or PRP, for many soft-tissue problems.

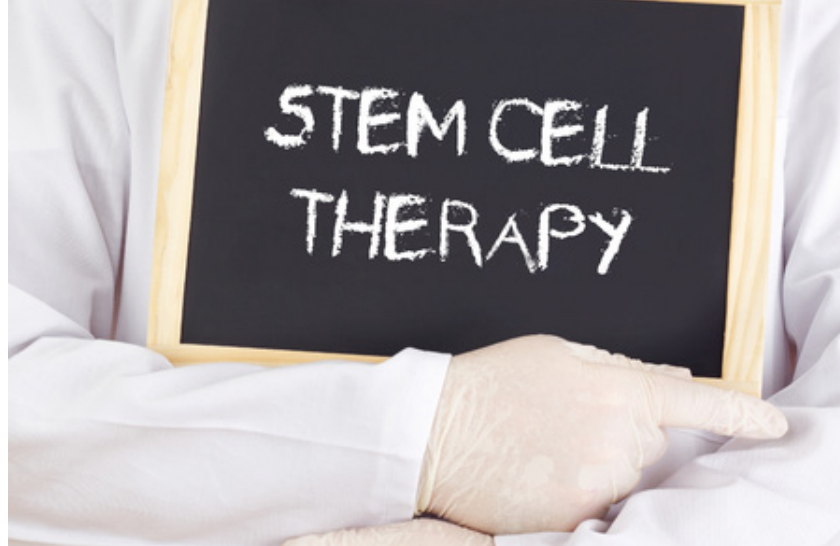
Plasma is the liquid component of our blood and includes red and white blood cells and platelets. Platelets have special growth factors that help with our body's healing process. PRP is a high concentration of healing platelets and plasma. Injections of PRP can help relieve pain and promote faster healing.

To apply PRP to your injury, we will separate the platelets from your blood in a centrifuge machine. These are then injected into the affected area after a local anesthetic has been applied.

Pain medications may be needed for a few days after the procedure and cold compresses can help.

Please call us at (718) 835-0100 to help ease your heel pain. 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 and we accept Medicare and most major insurance plans. Contact us today to start relieving your heel pain – we can help!

Stem Cell Therapy Can Ease Persistent Heel Pain



Plantar fasciitis not only causes heel pain but can also result in ankle pain. This painful condition can adversely affect the ankle's range of motion and its ability to bear weight.

Stem cell treatment can help ease both heel and ankle pain. In our bodies, stem cells act as a repair system for the body. However, with increasing age, sometimes the optimum amounts of stem cells are not delivered to the injured area.

The goal of stem cell therapy is to amplify the patient's natural repair system by increasing the number of stem cells at injury sites.

Heal Plantar Fasciitis with Stem Cell Therapy

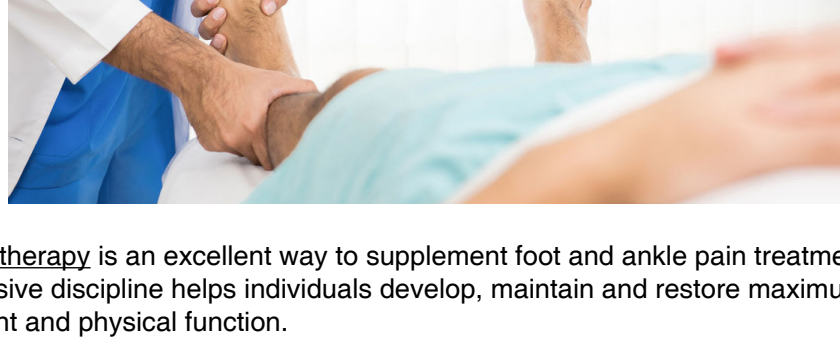
Platelet-Rich Plasma treatments use the patient's blood to inject platelets into the injury to promote natural tissue healing.

With stem cell therapy, stem cells from either bone marrow or fat tissue are injected in conjunction with platelets. Most commonly, stem cells are harvested from the patient by inserting a needle into the pelvic bone.

When injected into the foot around the plantar fascia area, the stem cells and platelets work together to stimulate healing and repair the injured tissue. Stem cells actually can turn into musculoskeletal cells such as tendons, ligaments and cartilage.

Are you a candidate for stem cell therapy to heal your heel pain? Please contact Cross Bay Regenerative Medicine/Biologies for an evaluation appointment. Dr. Benjamin Bieber and his 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.

Supplement Foot and Heel Pain Healing with Physical Therapy



Physical therapy is an excellent way to supplement foot and ankle pain treatments. This non-invasive discipline helps individuals develop, maintain and restore maximum body movement and physical function.

Physical therapy (PT) can help relieve pain, help you recover from an injury and deal with a chronic condition. Anyone at any stage of life can benefit from PT.

Physical Therapy Can Further Foot and Ankle Pain Healing

At Cross Bay Physical Therapy, we use several types of therapies to ease foot, heel and ankle pain and promote healing:

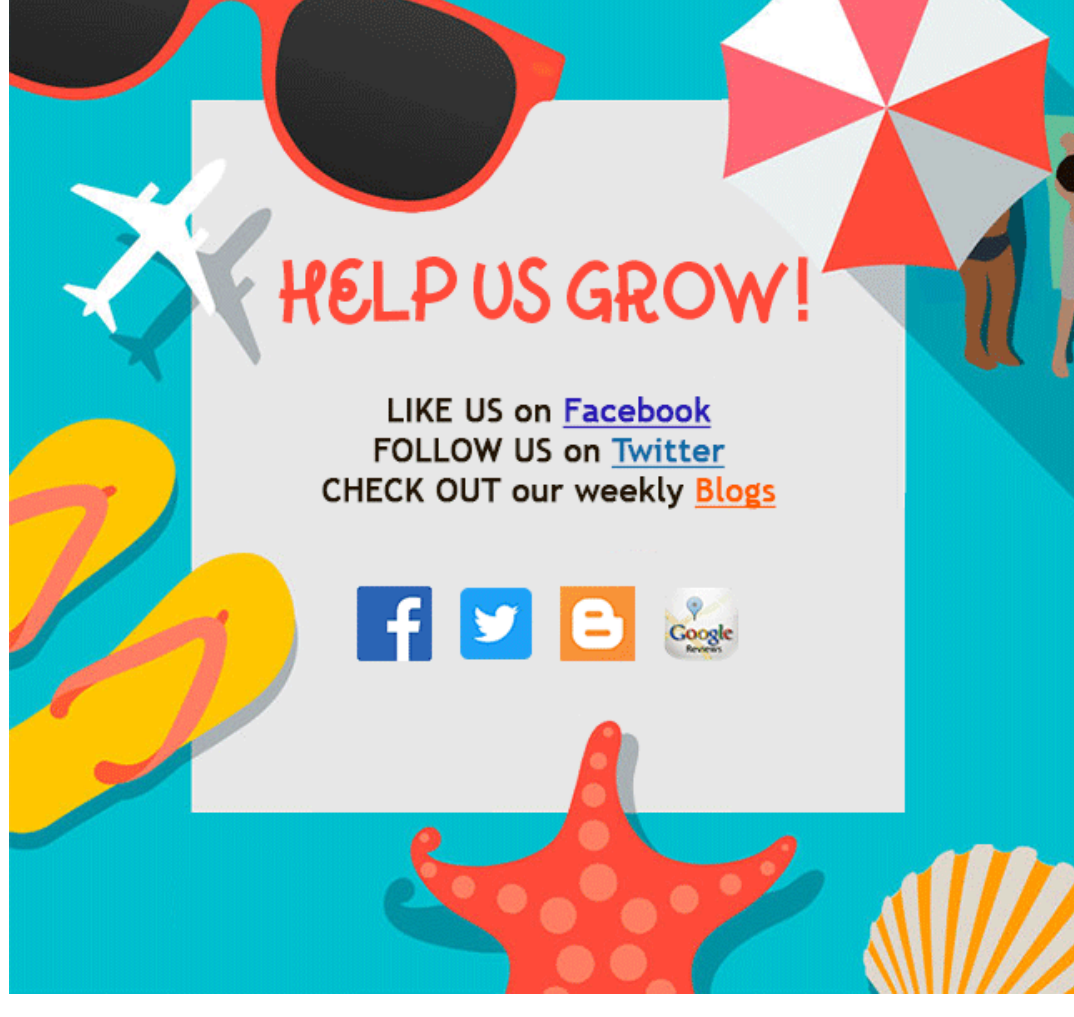
- Exercise can increase strength and flexibility. Therapeutic and range of motion exercises will reduce inflammation and ease pain too.
- Practitioners use manual therapy on both soft tissue and joints. Plantar fascia manipulation can reduce pain and relax muscles to help restore its natural function.
- Modalities such as cold and hot packs and TENS, TENS, or Transcutaneous Electrical Nerve Stimulation, won't heal plantar fasciitis completely but it can provide non-invasive pain relief and help the tissue move towards healing.

Don't ignore your heel pain or think it is inevitable! 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 Raw Corn and Radish Salad with Spicy Lime Dressing



A simple lime dressing flavored with jalapeños and honey accents this popular summer vegetable that is at the height of season. Maybe most crucially though...it can be made without turning on a stove!

Ingredients

- 2 tablespoons fresh lime juice
- 1 small jalapeño, seeded and coarsely chopped
- 1 1/2 teaspoons honey
- 1/4 teaspoon cumin
- 1/4 cup vegetable oil
- Kosher salt and freshly ground pepper
- 4 cups fresh corn kernels (from 4 ears)
- 6 medium radishes, halved and thinly sliced crosswise
- 1/2 cup coarsely chopped flat-leaf parsley
- 1/4 small red onion, thinly sliced

How to Make It

1. In a blender, puree the lime juice, jalapeño, honey and cumin. With the machine on, add the oil. Season with salt and pepper.
2. In a large bowl, toss the corn with the radishes, parsley, red onion and dressing. Season the salad with salt and pepper, transfer to plates and serve.

Recipe courtesy of Food & Wine

Foot Funnies

🤔 Why does a giraffe have such a long neck?
Because it has smelly feet.

Follow us...



Meet Our Doctor



Dr. Weinstock

Our Office

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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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