



## What New Parents Need to Know about Infant Foot Problems

While children, particularly infants and toddlers, all develop at different rates, there are some possible issues such as foot or leg problems that may have an impact on your child first starting to walk.

There are some signs that new parents should be aware of to help determine if they should be concerned about delayed walking or issues with a child's feet or legs. Visiting a podiatrist can help to provide a full evaluation and help with early interventions that can often effectively correct the issues.



- 8-12 months – Most babies will start trying to stand before the 8- to 12-month mark, but it is also normal for infants to take a bit longer. Most children will take a few tentative steps without holding onto anything by about 12 to 14 months, but again this varies between children, even kids in the same family.
- 1-2 years – It is very normal for toddlers to have what are commonly described as "bowed legs." The legs seem to curve outward from the hips to the ankles. This is normal and tends to give toddlers the characteristic rolling, side-to-side gait. If the legs remain bowed at about 18 to 24 months, see your doctor as it can result in hip, knee, ankle and foot problems.
- Flat Feet – Virtually every baby has flat feet, and the arch doesn't fully develop until about 2 to 3 years of age. This may cause the ankles to look as if they are buckling inward. It is not normally a concern for toddlers as the arches will develop and the ankles will align.
- Pigeon toes – Often toddlers have feet that don't align straight along the foot but rather turn in at the toes. This is not usually a problem, and it often corrects itself after the child begins walking and before age 2. Metatarsus adductus, the turning in of the toes, often occurs in the womb. If it gets more pronounced or is not correcting, it can be a result of malformation of the bones in the feet, the hip, or even the lower leg bone.
- Tiptoeing – Most babies start out walking on the tips of their toes. Typically, within about 6 months to one year, they will assume a more natural gait with the sole of the foot on the floor. In some instances, when the tiptoeing continues beyond age 2, it may be a sign of a central nervous problem.

Make an appointment with our office for an evaluation if you have any concerns about the development of your toddler's ankles, feet, lower legs, or gait. We also carry a full line of pre-fabricated orthotics, just for kids.

## March 2017

Hello! We are pleased to send you this monthly issue of *Foot Notes*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

### Monthly Joke



#### A Talented Dog

A saleswoman walked into an office on a cold call.

The office was empty, but as she waited by the front desk, she saw a dog emptying all the garbage cans.

Amazed, she followed him around until he was finished.

Then the dog started sweeping the floor with a broom in its mouth.

The dog noticed her and dropped the broom. "Don't look so surprised. It's part of my job. I've been here two years."

Her jaw dropped. "Do they know you can talk?"

The dog looked around.

"Yeah, but don't tell anybody. If they find out I can talk, they'll have me answering phones."

## Scientific Study Tips

New scientific research indicates that traditional advice regarding studying, which essentially boils down to repetitively reviewing class material over and over again, may actually be the wrong thing to do after all.

According to Colorado State University's Department of Psychology, repetitive reviewing may actually be one of the worst learning strategies you could employ. One of the best study methods is actually taking quizzes, which are more than just a way to test the amount students have learned but can actually help the brain to retain that information in the future. The mental processes that participate in attempting to retrieve the relevant information while taking a test actually serve to cement that information within the memory, meaning that tests and quizzes would serve as a good learning method for teachers rather than just as a way to evaluate the level of knowledge. It may be a good idea to take multiple quizzes very week but make sure that students know they are for the purposes of fun and learning rather than a defining grade to ensure the pressure does not inhibit their main purpose - to gain and enhance knowledge.

## Remotely Managing a Workplace

Good management skills remain important, even in a time when many companies no longer have to be located in the same place. Many companies have dozens of team members and independent contractors who work remotely and effectively managing such people can be a major challenge. One of the most important tips for managers in charge of a remote workplace is to ensure that those employees remain passionate and motivated about their work.

Fostering a team atmosphere and creating a sense of community is a good idea, and one way to do this is to make sure that all remote employees are a part of the daily staff call. Let employees be aware of any new projects on the go, even if they are not personally involved in them. Remain in constant communication and use a task management system so everyone can check where on the status of tasks at any time. Taking an interest in employees is as important for remote workers as it is for those in the same building.

## Nutrition and Healthy Teeth

The health of teeth is affected by nutrition in a number of different ways. Avoiding sugar and acid is an important part of keeping healthy teeth, as sugar, particularly refined sugar, forms acid when digested by the bacterial plaque that lies on teeth and even a very small amount of sugar can cause a couple of hours of an acidic environment within the mouth, softening teeth and increasing the likelihood of decay.



Food and drink that is acidic, even including fruit, can also cause a similar environment and make teeth susceptible to abrasion, erosion and weakening in addition to decay.

Lemons, oranges and lime are well-known acidic foods, but brushing the teeth straight after the consumption of such a food is a bad idea that actually forces the acid into the teeth.

Drinks such as sports drink and carbonated beverages are extremely acidic and can result in teeth erosion. Ironically tea and coffee are far less acidic and while they can cause teeth to become stained they do not actually result in erosion.

Many so-called "healthy snacks" still contain sugar, meaning that the best choices for snacks are vegetables and nuts, which are sugar-free and non-acidic.

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## Inspiring Reluctant Writers

Many students can be great writers but many others can find putting words down a paper a torturous experience.

The good news however is there are some tips that can help to inspire even the most reluctant of wordsmiths.

One good piece of advice is to encourage students to read more.

Strong writers also tend to be strong readers as they are exposed to proper spelling, punctuation and grammar and are also likely to have a wider vocabulary than is usually the case with non-readers.

Parents should read to their kids as much as possible, including poetry with a particular emphasis on the manner in which the verses and lines are assembled on the page.

Writing prompts can often be a good idea as in many cases a child's reluctance to write is not down to the process of writing itself so much as a simple lack of ideas.

Writing prompts can act as a source of inspiration to open up a student's imagination.

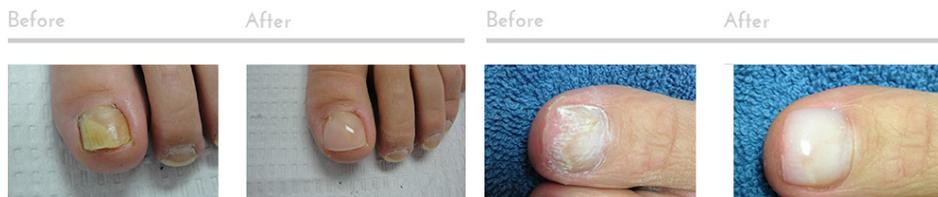


## Are Your Toes Ready for Summer Sandals?

If you suffer from a fungal infection in your toenails, then you probably don't want to wear sandals because of the appearance of your nails. Treating a fungal infection can take a long time. Summer will be here soon and gone before you know it, and you don't want to miss the opportunity to show off your toes.

Dr. Viedra Elison was one of the first podiatrists in Arizona to offer Keryflex applications in her office. KeryFlex is a safe, in-office application that restores the appearance of one's natural nails. This product allows Dr. Elison to remodel your nail that is affected by fungus, nail deformities or trauma. The patented resin creates a flexible, non-porous nail that allows the natural nail to continue to grow.

Keryflex provides and immediate cosmetic improvement, is durable and you can polish your Keryflex nail, just like you polish your other nails. Contact our office and we can give you more information if you are interested.



## The Results Are In – Pain Laser Works!!

We are proud to be on the medical technological forefront by offering Pain Laser Therapy to our patients. MLS Laser Therapy has been cleared by the FDA and proven successful by extensive and credible studies conducted in our country's finest institutions, including Harvard University.



The MLS Laser therapy is a non-surgical method to treat pain without Medication or side effects. Here at Fixing Feet Institute we are now able to use the MLS Laser to treat all kinds of painful lower extremity conditions, such as arthritis, Sprains & Strains, Heel Pain, Tendonitis, injuries, and more.

The MLS Laser works with light energy entering the damaged cells and simulating inter-cellular activity. This reduces pain in the area and speeds recovery of the damaged cells.

MLS Laser therapy is a painless treatment that lasts an average of 8 minutes with a course of treatment being 6-12 sessions. Acute conditions usually subside quickly, typically with one phase of treatments, however chronic conditions can also be controlled with regular treatments. Call our office for more information on how you can live pain free!!



## Improving Financial Communication

The financial component of a relationship can be just as important as the emotional one, making it extremely important to ensure that financial communication between partners is being handled in the best possible manner.

One good tip is to make certain you understand the mindset of your partner in relation to money.

Having different habits and opinions in regards to money is normal, but that does not mean that it is not possible to reach an agreement when it comes to financial goals.

Another good tip is to not give up on having the difficult discussions about money and to make your finances a priority as over time the benefits will make those tough conversations worthwhile.

Shared financial goals brings couples closer together as does accepting individual roles and responsibilities related to finances, such as monitoring investments and paying the bills.

However remember to always work together on tasks that will need close collaboration, such as the likes of retirement planning.



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

MARCH 2017

## Telic Flip Flops will soon be available at Fixing Feet Institute

Telic is a revolutionary new product with unparalleled comfort. It is being called “America’s recovery shoe” and winner of the ‘Readers Choice Award’ for Best Comfort Shoe. Telic uses a new material called Novalon; a body heat activated, waterproof, feather-light material that is durable, elastic and pillow-soft. Contoured to support the arches of your feet, all styles feature a deep heel caup and great medial arch and metatarsal support.



Telic’s award winning comfort makes for the perfect shoe during long days on your feet, or the perfect recovery shoe after a hard day’s work. Fixing Feet Institute will soon be stocking Telic Flip Flops, and pre-orders are being accepted now.

## March Dates to Remember

- March 6<sup>th</sup> – Dentist’s Day
  - March 8<sup>th</sup> – International Women’s Day
  - March 9<sup>th</sup> – Popcorn Lover’s Day
  - March 12<sup>th</sup> – Daylight Savings Time Begins
  - March 17<sup>th</sup> – St. Patrick’s Day
  - March 20<sup>th</sup> – First Day of Spring
  - March 22<sup>nd</sup> – National Goof Off Day
  - March 23<sup>rd</sup> – National Puppy Day
  - March 30<sup>th</sup> – National Doctor’s Day
- March is also: National Kidney Month  
<https://www.kidney.org/>  
 Multiple Sclerosis Awareness Month  
<http://www.nationalmssociety.org/>  
 National Nutrition Month  
<http://www.eatright.org/>

## Help us fill their bowls and feed some hungry Pets!

During the month of March and April we will be collecting pet food, and other pet items to help pet owners who are facing challenging times, be able to keep and take care of their pets.



The Empty Bowl Pet Food Pantry helps people who

have been knocked off their feet because of a job or home loss, illness, or community disaster. They also help Veterans, domestic violence victims, and the Red Cross with pet food and pet items so their pets can stay with them and be taken care of.

We will have collection boxes placed in our reception area. If you would like to donate something other than pet food, you can see their complete wish list on their website at <http://www.emptybowlpetfoodpantry.org/inkind-donation-needs.html> or contact our office.