



## Heel Pain? Achilles Tendinitis? Laser can help!

Do you suffer from pain behind your heel? Does your Achilles tendon feel tender when you touch it or stand for a period of time? You may be suffering from Achilles Tendinitis, or, in other words, inflammation of the Achilles tendon. This is a painful condition that afflicts many people between the ages of 30-70, but in general it can happen to anyone regardless of age.

Recently, I had a patient by the name of James who came to me. He is a construction manager in his 40's. He was having severe pain to his Achilles tendon and behind his heel. He also had a small lump in the tendon which meant high level of inflammation was taking place. He had suffered with it a long time and was apprehensive about coming to the doctor because he did not want to take time off from work. We decided to start him on laser therapy immediately and gave him a simple protective boot to wear. I allowed him to continue to work. Now, a little over one week and only 3 laser treatments into his 6 treatment course, he already feels better. His lump has disappeared and by the time he is done with his full course of laser treatments, we expect him to be fully recovered.

### The benefits of laser therapy:

**No pills, No injections, No known side effects and No pain**

James did not have to take invasive anti-inflammatory medications that would irritate his stomach and did not need invasive injections or surgery. Instead, he was treated with safe and effective laser therapy that did the job and kept him in his job at the same time.

I share this story with you to let you know that if you have heel pain, tendinitis, ankle sprain, or a fracture bone, **laser therapy may be the answer for you.**

Foot pain is not normal and you don't have to settle for pain medications or injections to make it go away.

If you'd like more information on laser therapy and to hear what other patient are saying please go to our website or call us at 973-777-5771.

### About the Doctor

Ibrahim Haro, DPM



Dr. Haro has been a podiatrist since 1998, and been with the practice since 2001. He is a general practitioner who treats all aspects of the foot and ankle. He graduated from Fairleigh Dickinson University with a degree in Biology in 1993. He then attended the New York College of Podiatric Medicine, where he received a Presidential Scholarship and graduated in 1998 with a degree of Doctor of Podiatric Medicine. Dr. Haro's post graduate training included two years at Long Beach Medical Center in New York. He rose to become a Chief Resident and received the Resident of the Year Award upon graduation in 2000. He spent his last year of training at Maimonides Medical Center in Brooklyn, New York, with an emphasis on surgical training and diabetic foot care. He is also a member of the American Podiatric Medical Association. Dr. Haro continues to attend numerous medical conferences annually to remain on the cutting edge of the most recent advances in podiatric medicine and surgery.



# Is Your Gait Straight?

You don't usually think about how you walk, right? After all, it's something you just do naturally every day. Sometimes, though, the way in which you walk can cause issues not only with your feet, but also your ankles, legs, back, and right on up! So, even though you may not think about it, we do!

The way in which you move from one point to another, be it walking or running, is called your gait. A gait analysis assesses how your feet – and actually, your whole body – performs this movement. This allows us to pinpoint biomechanical abnormalities that can lead to possible problems such as overpronation, shin splints, and Achilles tendinitis.

By considering things like how your foot strikes the ground, how it rolls forward as you step, and how you push off for your next step, we can determine if your biomechanics could use a little help in order to prevent certain conditions and reduce your risk of injury.

We may recommend custom orthotics which can be used to add stability and support in order to keep your feet in correct alignment. We may also make footwear suggestions or provide exercises tips to increase strength and range of motion.

To find out if a gait analysis could benefit you, walk on over and get more information from our helpful staff, or ask to schedule an appointment today!

## Mark Your Calendars

- November 6** Marooned Without a Compass Day – Sounds like a good time for a nap!
- November 11** Veteran's Day – Giving thanks isn't just for Thanksgiving.
- November 13** Caregiver Appreciation Day – Yet another day to be thankful!
- November 17** Great American Smoke Out Day – A perfect time to quit... you can do it!
- November 24** Thanksgiving – What are you grateful for?
- November 25** You're Welcome Day – How appropriate.





# Sweet Dreams Getting the Right Amount of Sleep for Your Health

## Getting the Right Amount of Sleep for Your Health

Do you get enough sleep? Let's hope so! Making sure you get your ZZZZs affects more than just whether or not you feel tired. When you're asleep, your body is actually hard at work. It's during this time that repairs are being made, tissues are being healed, and old cells are being replaced with new, healthy ones. When you cut your sleep short, there's not enough time for your body to get these jobs done! That means injuries take longer to heal and conditions continue to need treatment. Besides, lack of sleep can affect your stress levels, your ability to focus, your energy, and your mood.

Ideally, you should get 7 – 9 hours of sleep. If this seems like it may be difficult for you, try these tips:

- Limit caffeine
- Avoid alcohol
- Don't eat a heavy meal before hitting the hay
- Get regular exercise
- Drink plenty of water
- Stick to a relaxing bedtime routine, going to bed and getting up at the same time each day.



# Pumice Stone Prowess

Never experienced the smoothing sensations of a pumice stone? Well, check out these tips to become a pro:

1. Soak your feet in a warm foot bath for 5 – 10 minutes. You can add some drops of baby oil for extra moisturizing if you want! A little bit of lavender can be soothing as well.
2. Dip the pumice stone in the warm water and gently rub areas of rough or callused skin using a circular motion and very little pressure.
3. Pat your foot dry with a soft towel – don't rub as the newly smoothed skin may be sensitive.
4. Massage some moisturizer over the area.
5. Rinse your pumice stone in clean water, then store in a dry location.
6. Show off your smooth and silky feet to the world!

NOTE: Never try to cut away hardened skin, especially if you have diabetes!



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See page one.

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*Thanks4Giving*

**We are thankful for the shoes you give.  
They are thankful for what shoes provide.**

**SOLES4SOULS**

We have partnered with Soles4Souls in the Thanks4Giving program to help collect new and gently worn shoes for those in need all over the world. Join us in the spirit of Thanksgiving and clean out your closets and donate shoes to help Soles4Souls Wear Out Poverty.

**Bring your new or gently worn shoes on:**

**Date of Event:** November 1, 2016 to November 30, 2016

**Address of Shoe Drop-Off:** 1005 Clifton Avenue, Clifton NJ 07013

**Soles4Souls accepts all types of new and gently worn shoes.**

**About Soles4Souls**

Soles4Souls is a not for profit global social enterprise committed to fighting poverty through the collection and distribution of shoes and clothing. Since 2006, Soles4Souls has distributed 26 million pairs of shoes in 127 countries.

For more information visit [Soles4Souls.org](http://Soles4Souls.org)