

Autumn News & Updates

Don't let pain slow you down this fall

Fall is a busy season filled with reasons to stay on your feet. From school days and fall sports to cooler-weather walks, hunting season, yard work, and everyday activities, your feet and ankles are working hard to keep you moving.

A little attention now can help keep foot pain from slowing you down. Whether you're dealing with lingering heel pain, an old ankle injury, or a new ache that just won't go away, Advanced Foot & Ankle is here to help keep you moving comfortably all season long.



About the Doctor Matt Wettstein, DPM

Advanced Foot and Ankle was established by Dr. Matt Wettstein in Twin Falls in 2012. Originally from Logan, Utah, Dr. Wettstein completed his undergraduate studies at Utah State University before attending Des Moines University in the College of Podiatric Medicine and Surgery in Iowa. After graduating with top honors, he then completed his residency in Salt Lake City, Utah. Dr. Wettstein's Specialty areas include Sports Medicine, Arthritis of the feet and ankles, heel pain, bunions, ingrown toenails, flatfoot reconstruction and comprehensive diabetic foot care. When not providing the best care for his patients, he enjoys spending time with his wife Diana and four children.



Stay Steady This Fall:

Your Feet Play a Bigger Role Than You Think

When we think about preventing falls, we often focus on things like balance, vision, or removing hazards around the home. But your feet and ankles play an important role in keeping you steady, mobile, and confident on your feet.

Foot pain, bunions, ankle stiffness, toe deformities, corns, calluses, and decreased sensation can all affect the way you walk. Even small changes in your gait may make it more difficult to maintain your balance—especially as you get older.

Don't Forget About Your Shoes

Proper footwear matters, too. Shoes that don't fit correctly or don't provide enough support can affect stability. Around the house, supportive shoes with good traction may also be a better choice than walking barefoot or wearing loose-fitting slippers.

Pay Attention to Changes

Consider talking with a podiatrist if you or someone you love is experiencing:

- New or persistent foot or ankle pain
- Numbness or decreased sensation in the feet
- Frequent ankle instability
- Changes in the way you walk
- Painful bunions, corns, or calluses
- Difficulty finding comfortable, supportive shoes

Taking care of your feet isn't only about treating pain—it can also help you stay active, independent, and confidently on the move.

Thinking About Your Toenails? Fall Is a Great Time to Start.

Fungal toenails can be easy to ignore once sandals are put away, but hiding them inside your fall shoes doesn't make the problem disappear.

Even after the fungus is successfully treated, the damaged portion of the nail has to gradually grow out and be replaced by healthier nail tissue. Because toenails grow slowly, improvement takes time.

If clearer, healthier-looking nails are your goal for next summer, don't wait until sandal season to start thinking about treatment.

If you've noticed nails that are thickened, brittle, discolored, or otherwise concerning, talk with our team about your treatment options.

Keep Moving With Advanced Foot & Ankle

Foot and ankle problems don't have to become your new normal. Whether it's heel pain that greets you every morning, an ankle that never quite recovered from an injury, a stubborn toenail problem, or discomfort that's simply keeping you from doing the things you enjoy, we're here to help.

Don't wait for a small problem to become a bigger one.

Ready to take the next step?

Schedule an appointment with Advanced Foot & Ankle.

Helping the Magic Valley stay active, comfortable, and on its feet.