



Announcing the new MLS Laser Therapy treatment. The Wave of the future in pain management.

"We are very excited to be able to offer this new and dramatic treatment option to patients." Dr. Wettstein said. Laser therapy is an effective, proven, pain free treatment that reduces inflammation and speeds recovery, with treatments usually lasting several minutes. Most patients see positive results in just 1-3 treatments. "When a physical condition or injury affects mobility or quality of life, there is one goal: a rapid return to every-day activities. We now have the most advanced equipment on the market to deliver these results: results that include a very rapid reduction in pain, strong anti-inflammatory effect, and immediate improvement of local blood circulation," states Dr. Wettstein. "More and more, our patients are looking for effective treatment options that are less invasive, have no side effects, provide rapid results and speed the healing process.

With the new MLS (Multiwave Locked System) Therapy Laser which uses specific wavelengths of light to treat painful and debilitating conditions Dr. Wettstein can offer relief to those suffering with both chronic and acute ailments such as joint pain, tendonitis, arthritis, sprains, strains, fracture recovery, sports injuries and faster wound healing without the use of painful injections or potentially habit forming drugs.

We pride ourselves in staying on the leading edge of technology. Let us customize a treatment plan for you and get you back to doing what you love.



About the Doctor

Matt Wettstein, DPM

Advanced Foot and Ankle is led by Dr. Matt Wettstein. Originally from Logan, UT, Dr. Wettstein completed his undergraduate studies at Utah State University before attending Des Moines University in the College of Podiatric Medicine and Surgery. After graduating with top honors, he then completed his residency in Salt Lake City, UT. Dr. Wettstein is married and has four, wonderful, children.

Get Social w/Us



Solutions for a Stiff Big Toe



If you think about it, your big toe has to bend and push off every time you take a step. So, if arthritis sets into the joint causing bones to rub together, spurs to form, and the toe to become stiff, well, that can obviously make walking difficult, much less any of your favorite activities!

This condition is called Hallux Rigidus, otherwise known as a stiff big toe. It can be quite painful, but luckily there are solutions.

Physical therapy can help, as can ice and anti-inflammatory medications. Shoe modifications to accommodate your big toe can be beneficial as well. Look for a large toe box and stiff or rocker-bottom soles that offer support and reduce the amount of bending your toe has to do. Custom orthotics are another option that can help improve foot function as well as divert pressure away from the problem area. If all else fails, there are surgical procedures that can be performed to restore range of motion and ease painful symptoms.

If you have a stiff big toe, let us know! We can help you get back to walking – and whatever else you like to do! – pain-free.



How Weight Affects Your Feet

Your feet not only hold up your entire body weight, but they actually move it around, too! That's a lot of stress to take and forces to absorb, even at a healthy weight, so you can imagine how excess pounds can really take their toll.

Carrying around an extreme amount of weight can certainly cause feet to become fatigued, but more than this, arches can collapse, heel pads can flatten, and joints can become weakened, leading to flat foot and heel pain as well as arthritis. It's also not uncommon to experience chronic swelling.

In addition, being overweight greatly increases your risk of heart disease and diabetes, and both of these conditions can have dangerous effects on the feet. Diabetic nerve damage can allow injuries to occur without your knowledge, and poor circulation slows the healing process. Because of this, even the smallest of scratches can wind up a serious ulceration and even lead to amputation.

Your feet have a tough enough job as it is – don't make it more difficult for them and put yourself at risk! You can avoid foot issues and other health problems by making a few lifestyle changes, including:

- Eating a healthy diet
- Exercising regularly (start slowly and build gradually; choose low impact activities)
- Wearing comfortable, supportive shoes
- Using orthotic shoe inserts for added cushion and support, and even distribution of weight
- Taking breaks if you are on your feet for extended periods of time

If you need help with any of these measures, just ask! We'll be happy to assist you (and your feet will thank you for it)!

Cranberry Citrus Muffins

- 1 Cup Chopped Cranberries (not dried)- with 2 TBS flour, toss and set aside.
- 2 cups flour
- 2/3 cups sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/3 cup oil
- 1 Tbs grated lemon rind
- 1/2 tsp. vanilla
- 2 eggs
- 1 cup vanilla yogurt

Preheat oven to 350 degrees. Combine all the dry ingredients together in a bowl. Mix all wet ingredients and add to dry mix. Fold cranberries into the moist mixture. Add to muffin pan and sprinkle with coarse sugar crystals on top. Bake for 30 to 33 minutes.

Healthier version tips from staff: You can use 1 cup whole wheat flour and 1 cup white flour. Cut the sugar down to only 1/3 cup. Lastly, use melted butter or melted coconut oil to replace regular canola oil. Still taste great!

New Arrival

We are happy to announce the arrival of Vivian. Our former employee Kailin, says she enjoys being a new mom and this new adventure. "Vivian is a happy, sweet girl, who loves to snuggle, smile all morning long and loves her binki", says Kailin.





Back-To-School Gym Shoes News

School's starting soon and that means stocking up on pencils, paper, folders, markers, glue sticks and more! Of course, if your child has a physical education class, you better add gym shoes to that list.

Kids grow fast so don't try having them squeeze into last year's pair. Shoes that are too tight can cause a host of problems, like ingrown and black toenails, bunions, and blisters. Even if it's just for one class, it's better to play it safe and take your child new gym shoe shopping for the new school year.

Be sure to have his or her foot measured and choose shoes that offer ample cushion and plenty of support. There should be a thumb's width between the longest toe and end of the shoe (the golden rule!) and no child should ever have to "break them in" -- shoes should always feel comfortable right from the get go!

Keep in mind that most schools require non-skid, light-colored soles, too, in order to avoid damage to gymnasium floors. Check with your child's school for any other regulations, and try not to think about the fact that your kids will need new shoes again next year!

Remember, properly fitting children's footwear as an investment in the protection and health of their feet and necessary for a problem-free, active life -- which of course, is priceless!



Pack a Healthy Lunch!

Back-to-school means back to packing kids' lunches – UGH! Sure, you want your child to eat healthy, but sometimes that's hard when you're shoving things in a brown paper bag last minute! Not to worry, though. Here are some healthy, fast, and easy ideas to ensure your kids are eating right:

Pre-pack! Making lunch the night before will give you the time to think about what you're putting in it!

Swap and substitute. Use wheat or multi-grain bread instead of white, fresh fruit instead of canned, etc. Sneaky, huh?

Opt for 100% juice. You'll be cutting out all sorts of sugar and they won't even know it!

Set up a grab and go system. Let's face it, you won't always get the chance to pack the night before, but you can take the stress out of a crazy morning by setting time aside on the weekend to cut up fruit and veggies, hard-boil eggs, and bag some pretzels, for example, so they're ready for the taking.

Break out of a rut. If your kid will only eat peanut butter, that doesn't mean it needs to only be between two slices of bread! Spread it on celery or pack apple slices or bananas to dip into it. Got yourself a ham and cheese lover? Roll a piece of ham around a cheese stick, or slice and serve with whole grain crackers. You get the idea!

Have kids sign a no-trading contract! You don't want all your hard work to be traded away for a cookie or a slice of cake! Make a fun contract up for your kids to sign and hopefully it will get the point across.

Okay, now you're ready for whatever the school year brings – at least when it comes to lunch time!

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Solutions for a Stiff Big Toe



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When Tendons Tear

Unless it's popcorn, hearing a popping sound is typically not good! It's a tell-tale sign that a tendon has torn and unfortunately, pain will be following closely – much less enjoyable than a buttery handful of goodness! The situation is especially unenjoyable if we're talking about your Achilles. As the largest and strongest tendon in your body, the Achilles has a big job to do – helping you run, jump, change directions, step, push off, pivot, and basically move. Most of the time, it's up to this

enormous challenge, however, even your Achilles tendon has its limits. Overuse can cause it to weaken, and certain situations can cause it to be tight, until one day it no longer can withstand the stress placed upon it, and it ruptures.

Besides the popping noise, you can expect pain, swelling, and an inability to bear weight – you can also expect a long recovery and rehabilitation, usually following a surgical procedure.

While you can't always prevent such an injury, you can take steps to at least try! Stretching your calf muscles and breaking up high-impact activities like running with lower impact options like swimming and yoga can help keep your Achilles tendon limber and less-stressed. Avoiding hard surfaces when working out and making sure to gradually increase the intensity and duration of your fitness routine can also go a long way toward preventing a tendon tear.

Follow these tips and hopefully the only popping sound you'll hear is from popcorn, and not from your Achilles! Of course, if your tendon does tear, we're here to help!