

Podiatry News & Clues

Joseph C. Taub, DPM PA

3515 SE Willoughby Blvd

Stuart, FL 34994

772-283-3800

www.drtaubfootandwound.com



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Don't Forget About Our "Egg-Stravaganza"

We want to give you a chance to WIN an "Egg-Stravagant" **iPad mini**. All you have to do is refer a friend or give us a Facebook or Google review @ <https://www.google.com> then type in the search box: **Joseph C Taub DPM PA** then on the right side of the page under our picture click where it says "write a review" and we will enter your name into our "Egg-Stravaganza" raffle to win an **iPad mini**. (Hurry because the drawing is on April 15th)



Spring is for Cleaning!

How about starting with your orthotics! Contrary to common belief, custom orthotics **don't** last forever. If your orthotics are over 5 years old it's probably time to have them replaced. Over time, just like with everything else, your feet change and devices wear out. Let's say you don't remember how old your orthotics are or when you last had them replaced or refurbished, here are some

tell-tale signs they need to be replaced:



-**YOUR FEET HURT!!**-The pain that was cured or reduced with this device has come back; I think it's Time to get your feet and orthotics checked.

-Using Homemade Modifications- duct tape, gorilla glue and any other products you have holding your devices together just don't cut it!

-Visible or Sensory Differences- If your orthotics look or feel different, which may be leading to the discomfort or pain you are having, your feet are telling you it's time to have both your feet and orthotics checked.

-With these issues other problems can occur and to prevent them Dr. Taub recommends you call our office to schedule an appointment. Visit our website to watch our orthotic casting video. Also see some of our videos of the unique services we offer such as **Laser therapy for Toenail Fungus** and the **EPAT therapy for Heel Pain/Plantar Fasciitis**.

Quote of the Day

