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Accepting New Patients

We are accepting new patients at all of our office locations!
 If you have a foot or ankle problem, we are here to help!
 We do **TOTAL ANKLE REPLACEMENTS!**

[Request An Appointment](#) [Visit Our Website](#) [Our Patient Portal](#)

Minimal Incision Bunion Correction

Ask us about the latest treatment in bunion surgery - *minimally invasive bunionectomy*
 This is a game changer for the treatment for painful bunions. Because the incisions are so small, patients undergoing this procedure are experiencing less swelling, less pain and a faster recovery.
 Get back on your feet again quickly!

We are now offering advanced skin grafting techniques for difficult to heal wounds.

We've got an assortment of men's and women's shoes and sneakers.

ALL SIZES!!
Dr. Comfort, Brooks, New Balance, Apex, Surefit

We have a number of shoes and they all have to go!

No appointment necessary. Come on in and see what we have!

IN STOCK SHOES
For Sale

REG PRICE
~~-\$140-~~
 SALE PRICE
 \$45

Holiday Gifts to Treat Your Feet

We're betting during this busy holiday season that if you took a closer look at your "naughty and nice list," you'd find that your feet are near the top of the nice side—although they often get overlooked, especially at this time of the year.

[Read More Here](#)

5 Winter Foot Care Tips

Baby, whether it's cold outside or not where you live, some changes occur over the winter months that may require corresponding changes in your podiatric care regimen to keep your feet in tip-top condition.

[Read More Here](#)



Recipe of the Month

Broccoli Veggie Pasta Primavera

Chock-full of veggies, this simple, colorful pasta makes a filling dinner. In smaller servings, it works well as a side dish.

Ingredients:

- 8 ounces uncooked linguine
- 1 cup thinly sliced fresh broccoli
- 1 medium carrot, thinly sliced
- 1/2 cup sliced green onions
- 1/4 cup butter, cubed
- 1-1/2 cups sliced fresh mushrooms
- 1 garlic clove, minced
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 ounces fresh or frozen snow peas (about 2 cups), thawed
- 1/4 cup dry white wine or chicken broth
- 1/4 cup shredded Parmesan cheese

Instructions:

1. Cook linguine according to package directions.
2. Meanwhile, in a large skillet, cook the broccoli, carrots, and onions in butter for 3 minutes.
3. Add the mushrooms, garlic, basil, salt, and pepper; continue to cook for 1 minute.
4. Add snow peas and wine.
5. Cover and cook for 2 minutes or until peas are crisp-tender.
6. Drain linguine; add to skillet and toss to coat.
7. Sprinkle with cheese

Recipe courtesy of [tastecothome.com](#)

December Special Days
 Mark Your Calendars!

<p>December 1 World Aids Awareness Day</p> <p>December 3 Advent Begins</p> <p>December 6 St. Nicholas Day</p> <p>December 7 Pearl Harbor, Hanukkah Begins</p> <p>December 9 National Pastry Day</p>	<p>December 13 Ice Cream Day</p> <p>December 21 Winter Solstice</p> <p>December 25 Christmas Day</p> <p>December 26 Kwanzaa</p> <p>December 31 New Year's Eve</p>
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Trivia

Which famous civil rights activist was arrested on December 1, 1955?

A. Bayard Rustin
 B. John Lewis
 C. Martin Luther King Jr.
 D. Rosa Parks

Answer: D

Joke

What did the snowman have for breakfast?

Answer: Frosted Flakes

December Interesting Facts

- December 7, 1941, the U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour and left about 3,000 Americans dead.
- On December 10, 1896, the Nobel Prize's namesake, Alfred Nobel, died. In Nobel's will, he declared that his accumulated wealth be used to give awards to members of society who show great achievement in advancing humanity. Some of the most famous Nobel Prize recipients include Albert Einstein, Marie Curie, and Martin Luther King Jr.
- On December 15, 1791, James Madison, a future president, created the Bill of Rights, signed by 39 delegates at the Pennsylvania State House. It contained the first ten amendments of our Constitution, intended to protect individual liberties such as free speech and the right to bear arms.
- December 17, 1903, after three years of experimentation, Orville and Wilbur Wright achieved the first powered, controlled airplane flights. They made four flights near Kitty Hawk, North Carolina, the longest lasting about a minute.
- December 21st marks the beginning of winter in the Northern Hemisphere, and December 22nd is the beginning of summer in the Southern Hemisphere.

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Meet Our Doctors

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Need More info? [CONTACT US →](#)



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