



### Monthly Employee Spotlight: Jaimie

Jaime has been a team member of Allegany Chiropractic Center since 2001.

Jaime has been a registered Chiropractic Assistant in the State of Maryland for the last 16 years.

In addition to patient care she is also responsible for various administrative and billing duties including insurance appeals.

Jaimie is very reliable and is willing to assist in a multifaceted fashion.

In her free time, Jaimie enjoys spending time with her husband and children.

# Wellness Essentials

## April is 'National Foot Awareness' Month

Foot awareness month is geared toward good foot health. We find it important to evaluate the effect that our feet have on the entire body. The feet act as the foundation of our skeleton. A house built on a faulty foundation can have problems all the way to the attic. It is just



the same in our bodies. Problems with the feet can cause even more issues up the kinematic chain into the ankles, knees, hips and spine! Feet that are in proper alignment can accommodate to daily stresses better and can prevent other malfunctions.

## Allegany Chiropractic Center



Drs. Klingler and Tritapoe work exclusively with Foot Levelers to create custom fit orthotics for patients.



Did you know that some insurance companies will cover 1-2 pair of orthotics per year?

If you are experiencing any of the painful foot conditions listed below and you feel that custom fit orthotics may be beneficial, schedule an appointment for a foot consult. We would be happy to fully examine your foot and determine the best course of action to get you out of pain and functioning optimally. Chiropractic treatment plans for foot ailments can include manipulations of the foot and ankle, ultrasound, electric stimulation, massage, manual therapy, cold laser, taping, stretching, therapeutic exercises and custom orthotics. Give our office a call at 301-777-0110 for more information or to schedule an appointment with one of our knowledgeable and compassionate Doctors!

### Plantar Fasciitis-

A painful foot condition caused by an inward rolling of the foot known as "over-pronation". When the foot is allowed to over-pronate repetitively it begins to cause degradation of the 3 arches of the foot. When this occurs the ligament along the bottom of the foot becomes inflamed and painful.

### How many bones are in the human foot?

- A. 11
- B. 15
- C. 24
- D. 26

\* Answer at bottom of far left column.

### Metatarsalgia-

This is a painful condition of the ball of the foot. There is irritation and inflammation of the metatarsal bones and or the nerves that pass through this area of the forefoot. The condition can be caused by repetitive running or jumping. The pain is typically sharp, achy or burning in nature.

### Contact Us:

301-777-0110  
alleganychiropractic.com

203 Greene Street  
Cumberland MD  
21502

Volume 2, Issue 4  
April 2017  
D. 26