



# GREAT NECK FAMILY FOOT CARE



E-Newsletter

April 2014

**Our Offices**

7 Bond Street  
 Great Neck, NY 11021  
 Call: (516) 482-5999  
[www.greatneckfamilyfootcare.com](http://www.greatneckfamilyfootcare.com)

**History FootNote**

Beginning in 1920, retail shoe stores used an x-ray machine called a fluoroscope to fit shoes properly. Children especially loved seeing the greenish yellow image of the bones in their feet. Concerns about radiation exposure prompted the elimination of the machines in the 1950's.

## Great Neck Family Foot Care

We wanted to take this opportunity to tell you how excited we are at Great Neck Family Foot Care. It is hard to believe we have been treating the residents of Great Neck, as well as the rest of Long Island for the past 14 years. When we built our office it was a dream to have a practice, we literally opened our doors without a single patient. Over the years we have grown into a busy thriving practice, and this is all due to the trust that each and every one of you have given us to care for you as well as your families. We have literally all grown up together. This year it is hard to believe that Dr. Hochstein's and Dr. Hommel's son Max will be Bar-Mitzvahed. He wasn't even born when they founded the office. We thank you from the bottom of our Hearts and "Soles" for continuing to entrust us with the care of your families.

The office has gone through some amazing changes from the beginning, but we feel we have maintained if not surpassed the high quality of care we have always delivered. This year especially we have expanded our offices and have completed construction by adding two more fully equipped procedure rooms. We have added more advanced treatments and imaging devices including two new lasers, digital radiography, and musculoskeletal ultrasound, all to increase our patient outcomes. We have added more staff members including Dr. Diana Gagliano who is excited to meet all of you, and is available every Wednesday for what we are calling "Walk In Wednesday" visits without appointments. We have done this so that you have the convenience of a walk-in emergency room without the impersonal feeling of seeking help at a clinic. Dr. Gagliano is available by appointment as well, and has been such a perfect fit for our family and we know you are going to love her as much as we do.

We have some more exciting additions coming this year in the form of expanded services including offering the much requested "Sterile Pedicure". This summer you will be able to have your feet pampered at our office without the high risk of infections that are so common at nail salons that are not required to steam sterilize their instruments like we at Great Neck Family Foot Care do for every patient at every visit. Call the office today and ask for Stefanie so she can go over all of the services we will be providing in our "SteriSpa"

We can't wait to see you again and show off the new and continually improving Great Neck Family Foot Care.

## Celebrity Foot Focus

What hobby do George Clooney and Daniel Day-Lewis share? They both relax by making shoes.

## Joke of the month



### Too Busy

After they had brought their first baby home from hospital, a young wife suggested to her husband that he try his hand at changing diapers, "I'm busy," he said. "I'll do the next one".

The next time the baby was wet, she asked if he was now ready to learn how to change diapers.

He looked puzzled. "Oh," he replied finally. "I didn't mean the next diaper. I meant the next baby!"

## Keep Baby Barefoot as Long as Possible



It's tempting to buy your baby a pair of miniature pink ballet shoes or those tiny sneakers matching Dad's. But according to the American Academy of Pediatrics, babies need shoes only when they begin to walk and then only for protection.

When babies are born, the bones in their feet are made of flexible, soft cartilage. This will gradually convert

to bone as they grow. However, because the cartilage is so flexible, it's best to protect the feet only with cotton or cotton and wool mix socks for warmth. Be sure to check sock size regularly so they don't get too tight.

Walking barefoot strengthens the foot's arch and develops ligaments and muscles. When babies walk without shoes, they connect to the ground and are more aware of the feeling of walking. Barefoot walking also influences good posture.

Shoes don't help babies learn to walk any faster. In fact, inflexible baby shoes or those with slippery soles can make it harder to take those all-important first steps.

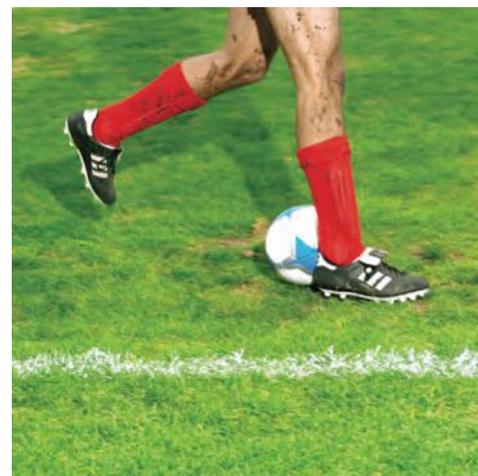
When baby begins to walk, you'll want to buy shoes so you can protect those tiny feet while out of doors. When that time comes, give us a call. We would be happy to check your child's feet and help you select the right shoes.

## Choose the Right Athletic Shoes for Your Child

Well-fitting athletic shoes are a necessity for almost every sport. Shoes should be chosen carefully based on the physical and environmental needs of each activity.

### Selecting Shoes for Sports Activities

Select the right shoe for each sport. Shoes are designed based on the specific demands of the sport. For example, tennis shoes support side-to-side movement, while running shoes are designed for forward movement with extra cushioning.



Athletic shoes should be made of durable and breathable materials. Natural materials like leather, canvas and suede work better than synthetic materials.

....continued on page 3

## Trivia

*In a day, the average woman takes enough steps to walk?*

- A. At least 50 miles
- B. 10 miles
- C. 1 miles
- D. 1/2 mile

Answer: B (10 Miles)

## Find Us On...



....continued from page 2

## Choose the Right....

When choosing cleats, make sure there are multiple cleats on the heel to avoid excess pressure and heel pain. Younger players should wear shoes with shorter cleats to reduce ankle and knee injuries.

### Shopping Tips:

- Shop at the end of the day when feet are at their largest.
- Have the child wear his own sports-specific socks.
- Always measure both feet each time you shop, and select shoes based on the largest size.
- Allow room in the toe so the toes can wiggle comfortably.
- Lace shoes carefully but not too tightly.
- Ask your child to walk in the shoes. They should be immediately comfortable without any breaking-in period. Check her foot for any red areas from rubbing.
- Heels should fit snugly and not pull up with each step.

Work from the ground up – with well-fitting, sturdy athletic shoes – to give your young athlete the best possible sports experience!

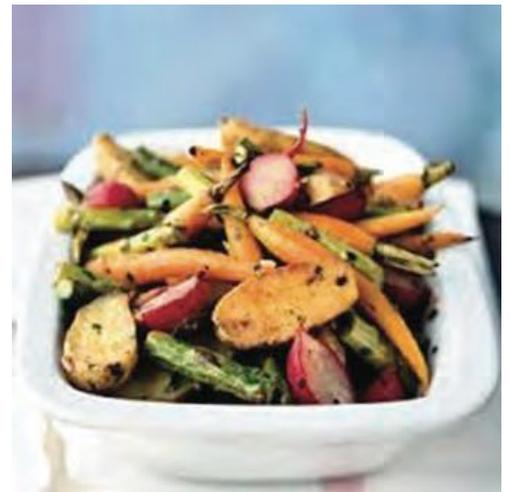
## Recipe of the Month

### Roasted Baby Spring Vegetables

Welcome spring with this fresh, roasted vegetable dish

### Ingredients

- 3 tablespoons white balsamic vinegar
- 1 tablespoon chopped shallots
- 1 pound baby carrots with tops
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 12 fingerling potatoes, halved lengthwise (about 1 1/4 pounds)
- 1 (6-ounce) bag radishes, halved (about 1 3/4 cups)
- 2 cups (2-inch) slices asparagus (about 1 pound)
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh chives



### Directions

1. Preheat oven to 500°.
2. Combine vinegar and shallots in a small bowl; set aside.

....continued on page 4

....continued from page 3

## Recipe of the Month

### Roasted Baby Spring Vegetables

3. Trim green tops from carrots; discard tops. Combine carrots and the next 5 ingredients (through radishes) in the bottom of a roasting pan, tossing gently to combine. Bake at 500° for 20 minutes or until vegetables begin to brown, stirring occasionally. Remove pan from the oven; add shallot mixture and asparagus, tossing to combine. Return pan to oven; bake 5 minutes. Stir in parsley and chives.

Katherine Cobbs, [Cooking Light](#)

## Sever's Disease – a Common Cause of Heel Pain in Children

Sever's disease is a painful bone disorder caused by inflammation of a child's growth plate in the heel. Usually occurring during the growth spurt in early puberty, this stress injury is often caused by physical activities and sports like track, soccer, basketball and gymnastics.

Symptoms include pain and tenderness in one or both heels. Other related problems can be difficulty walking, stiffness when awakening, or discomfort when the heel is squeezed from the side.

If your child exhibits any of these symptoms, call us for an evaluation as soon as possible. We will assess his condition and work to relieve the pain and swelling and discuss further treatment to stretch and strengthen leg muscles and tendons.



## Meet our Doctor



**Alec Hochstein**