



About the Doctor

Lucy Meier, DPM



Dr. Lucy Meier is a Wisconsin native and grew up on a strawberry farm in Sturgeon Bay. She

aspired to be a foot doctor since she was twelve years old. She attended the University of Wisconsin - La Crosse before going to podiatry school at Rosalind Franklin University in North Chicago. She completed three years of surgical training at Legacy Wheaton Franciscan Hospitals, here in Milwaukee. She loves to teach and is currently the Assistant Director for the Foot and Ankle Surgery Residency Program at Ascension Hospitals in SE Wisconsin. Dr. Meier is a proud mom of 3! When she has time to herself, she loves to read history, specifically presidential biographies!

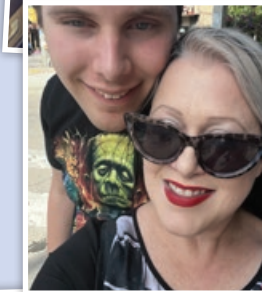


Our Staff Shares Heartwarming Photos For Mother's Day!

Mother's Day is a special day to celebrate the amazing women in our lives who have sacrificed so much to make us who we are today. In honor of this day, we asked our staff to share some of their favorite photos of their moms or pictures of those who are moms with their kids. These are just a few photos shared by our staff.

Whether you're a mom, a stepmom, a grandmom, or a fur mom, this day is for you. Each mom is unique and special in her own way, but they all shared a common thread of love, sacrifice, and unwavering support.

As we celebrate Mother's Day, we are grateful for the incredible moms in our lives who have shaped us into the people we are today. We hope you take the time to cherish and honor the special women in your life on this special day!





Signs Your Orthotics Need to Be Replaced

Prescription orthotics correct an abnormal walking pattern, provide cushioning, and/or remove pressure and stress from painful areas of the foot or ankle. Although they last much longer than over-the-counter orthotics (and are customized!), they'll need to be replaced eventually.

Orthotics' longevity is determined by frequency of use, types of activities they're used for, quality of the materials used to create them, and how well they're cared for. For example, if someone runs four times a week and plays basketball two other days, their orthotics likely won't last as long as those worn by someone who takes daily walks.

Under heavy usage, prescription orthotics typically last one to three years. Light usage might extend that range to five years or more. We recommend an annual orthotic evaluation at our office.

The following are red flags that you might need new orthotics:

- That old, familiar pain has returned ... the one your orthotics originally alleviated. Or, you've developed new pain in your feet, ankles, knees, or back.
- The unwelcome arrival of corns and calluses points to excessive friction or repetitive pressure on the foot.
- Do some sole searching to see if your shoes are displaying uneven wear, which indicates your feet are no longer properly aligned, and your weight is not being distributed evenly.
- If your orthotics appear thin, worn, or cracked, they're no longer fulfilling their mission.
- Bodily changes caused by pregnancy, significant weight loss or gain, and aging can alter the shape of one's feet and necessitate a new prescription.

If any of these indicators pop up on your radar, schedule a checkup at our office to correct the problem.

Mark Your Calendars

- May 4** National Day of Prayer: The Bible doesn't prescribe a particular prayer position. God just welcomes the conversation!
- May 5** Cinco de Mayo: Commemorates a Mexican military victory vs. the French in 1862. It's NOT Mexico's Independence Day.
- May 6** Kentucky Derby: Over 120,000 mint juleps consumed. That's a lot of ... uh ... mint.
- May 14** Mother's Day: Oldest recorded woman to give birth: 74 years old (India, 2019).
- May 19** Bike to Work Day: 62% of Copenhagen, Denmark, inhabitants' trips to work or school are by bicycle.
- May 26** Sally Ride Day: Astronaut Sally Ride was the first American woman to go into space (June 18, 1983).
- May 29** Memorial Day: Began as Decoration Day in 1868; became a federal holiday in 1968.



Why Are People Saying NO to Cortisone for Plantar Fasciitis?

Cortisone has long been a part of the standard of care for treating plantar fasciitis, but it has its drawbacks. More recently, laser therapy has reduced cortisone use in orthopedics, and we are utilizing it in many ways to make our treatment options quick, painless, and long-lasting.

Cortisone injections can be effective in reducing pain and inflammation in the short term, but they may not address the underlying cause of plantar fasciitis and can have side effects such as weakening the plantar fascia tissue and increasing the risk of further injury or damage.

On the other hand, MLS laser therapy is a non-invasive treatment that promotes healing and reduces inflammation in the affected area. It is a safe and effective treatment option that does not have the same potential risks as cortisone injections. MLS laser therapy is also a more targeted treatment approach, as the laser energy can be focused directly on the affected area. This can be particularly beneficial in cases of plantar fasciitis where the pain is localized to a specific area. Additionally, MLS laser therapy has been shown to have longer-lasting results than cortisone injections, with some patients experiencing relief from symptoms for up to six months after treatment.

Overall, while cortisone injections may provide short-term relief of symptoms, MLS laser therapy is a safer and more targeted treatment option that can provide longer-lasting relief from pain and inflammation associated with plantar fasciitis. However, it is important to our doctors to determine the best treatment approach for your specific case of plantar fasciitis. At Third Coast Foot and Ankle we offer comprehensive treatment of plantar fasciitis, always looking to treat the root cause of your pain.



Baked Cod with Asparagus and Potatoes

Servings: 4; prep time: 15 min.; cook time: 25 min.; total time: 40 min.

This one-pan baked cod with asparagus and potatoes combines wild-caught cod with seasonal vegetables for a near-effortless dinner that's ready in a snap.

Ingredients

- 4 cod fillets, about 3 lb. total (can also use other fish like mahi-mahi, perch, haddock)
- 1 lb. asparagus, trimmed
- 4-5 scallions, sliced
- 4 potatoes sliced into 1/2-inch rounds
- 2 tbsp. parsley, finely chopped
- the juice of 1 lemon
- 6 tbsp. extra virgin olive oil, divided
- salt and pepper to taste
- 1/3 cup white wine
- 1 tsp. thyme dried
- 1 tsp. tarragon dried

Directions

1. Preheat the oven to 375°F.
2. In a baking pan, add the potatoes. Sprinkle with salt and pepper, and drizzle them with 4 tbsp. olive oil.
3. Bake for 15 minutes.
4. Meanwhile, heat the remaining 2 tbsp. olive oil over medium heat, and sauté the asparagus and scallions for 3-5 minutes.
5. Remove the pan from the oven, and flip the potatoes and rearrange them, making "nests" that leave space for the fish.
6. Place the cod fillets in the "nests," and sprinkle with the thyme and tarragon.
7. Add the asparagus and scallions on top of the fish, and drizzle with the wine.
8. Bake for 15-20 more minutes, or until the fish is fully cooked and flaky, but not dry.
9. Sprinkle with the parsley and lemon juice and serve.

Recipe courtesy of eatmediterraneanfood.com.



3333 S. Sunny Slope Rd., Ste. 102
New Berlin, WI 53151

7001 S. Howell Ave., Ste. 500
Oak Creek, WI 53154

ThirdCoastFoot.com



Our Staff Shares Heartwarming
Photos For Mother's Day!

See page one.

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I've Done It All and Still Have Heel Pain... Now What?

Shockwave therapy is a non-invasive treatment shown to be effective in treating chronic plantar fasciitis. This is often considered a better option than surgery. Here are some reasons why:

1. Promotes healing: Shockwave therapy works by delivering high-energy acoustic waves to the affected area. These waves stimulate blood flow and promote the production of growth factors, which can help to accelerate the healing process in the damaged tissue.
2. Reduces inflammation: Chronic plantar fasciitis is often accompanied by inflammation in the affected area. Shockwave therapy has been shown to reduce inflammation by decreasing the production of certain pro-inflammatory chemicals in the body.
3. Breaks down scar tissue: Chronic plantar fasciitis can lead to the development of scar tissue in the affected area. Shockwave therapy can break down this scar tissue, which can improve mobility and reduce pain.
4. Non-invasive: Shockwave therapy is a non-invasive treatment that does not require surgery or injections. This means that there is minimal risk of complications or side effects associated with the treatment.
5. Fast and convenient: Shockwave therapy is typically administered in a series of short sessions, with each session lasting approximately 15 minutes. This makes it a fast and convenient treatment option for patients with busy schedules.



Overall, shockwave therapy is a safe and effective treatment option for chronic plantar fasciitis. It works by promoting healing, reducing inflammation, breaking down scar tissue, and improving mobility. If you are suffering from chronic plantar fasciitis, talk to your healthcare provider to determine if shockwave therapy is an appropriate treatment option for you.