



Capital District Podiatry, PLLC  
Dr. Tejas Pandya

CapitalDistrictPodiatry.com

HAPPY  
*New Year*

## Faster Healing So You Can Get Back to Your New Year's Resolutions!

Starting the new year out with a sports injury or other foot problem can cause pain and derail your New Year's resolutions. Speed up your recovery with these healing helpers:

### RICE Therapy

The go-to first aid for athletes everywhere, RICE stands for Rest, Ice, Compression, and Elevation, and can assist your body's natural healing processes in various ways:

- **Rest** – Take a break from activities or choose low-impact options like swimming, biking, or yoga for a while. This gives your body time to start healing, while reducing the risk of further injury.
- **Ice** – Apply ice in 20 minute intervals to reduce swelling and pain in the affected area. Make sure to wrap the ice in a thin towel to protect your skin.
- **Compression** – This simply means to wrap your injury with an elastic bandage—snugly but not too tight—to help minimize inflammation.
- **Elevation** – While resting, prop your injured foot up so that it is above heart level. This helps to reduce swelling by preventing excess fluid from building up at the site of the injury.

### Orthotics

These medical devices can be customized to fit your unique feet and address your specific needs. They can redirect pressure away from a problem area, redistribute weight (so less stress is placed on your injury), and/or correct your gait to stop the problem from getting worse. A pair of custom orthotics from Dr. Pandya can definitely help you heal!

CALL (518) 273-0053



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APPOINTMENT



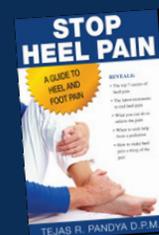
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## FREE BOOKS



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## Advanced Treatment

RICE and a pair of custom orthotics can certainly be quite beneficial. If you'd really like to see faster results as you recover from your injury, you may want to take advantage of one of our advanced options, like Extracorporeal Shockwave Treatment (ESWT), Amniofix, or Platelet-Rich Plasma (PRP) injections.

ESWT uses waves of sonic energy that pass through outer layers and stimulate cellular repair and circulation (which provides essential nutrients so cells can heal). Amniofix is a regenerative, injectable biomaterial that takes advantage of growth factors in amniotic membrane. These growth factors contribute to cellular repair and regrowth. PRP therapy entails separating and collecting your own platelets—which are found in blood and contain growth factors—and then injecting them into the injury site.

### Once you recover, follow these prevention tips to stay injury-free!

- **Don't overdo it.** A certain degree of movement may be helpful, but repetitive stress can potentially lead to reinjury.
- **Gradually increase workouts.** Don't suddenly increase intensity and duration without taking the time to prepare your body!
- **Wear proper shoes.** Make sure your shoes fit well and are activity-appropriate.
- **Warm up before activity.** Prepare your muscles for the work ahead with a brief (5-10 minutes) warmup followed by dynamic stretches.
- **Cross-train.** Incorporate low-impact exercise into your routine to reduce the amount of physical force loads on your lower limbs.
- **Don't ignore pain.** Come see us to get the treatment you need so your injury doesn't recur and a new injury doesn't pop up!

## Professional Sports Injury Treatment

There are things—like RICE—you can (and should!) do on your own when you sustain a foot or ankle injury. This can be a great starting point, but the best course of action is to come in for an appointment with Dr. Pandya. Not only does he have advanced treatments that can help you heal more quickly, Dr. Pandya will also diagnose your injury – which is important when you realize there are injuries like ankle sprains and fractures that have the same symptoms.

**For more information about foot and ankle sports injuries and treatment, contact Capital District Podiatry today by calling (518) 273-0053!**

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Capital District Podiatry, PLLC | 763 Hoosick Rd. Troy, NY 12180 | 855 Rt. 146, Suite 150 Clifton Park, NY 12065