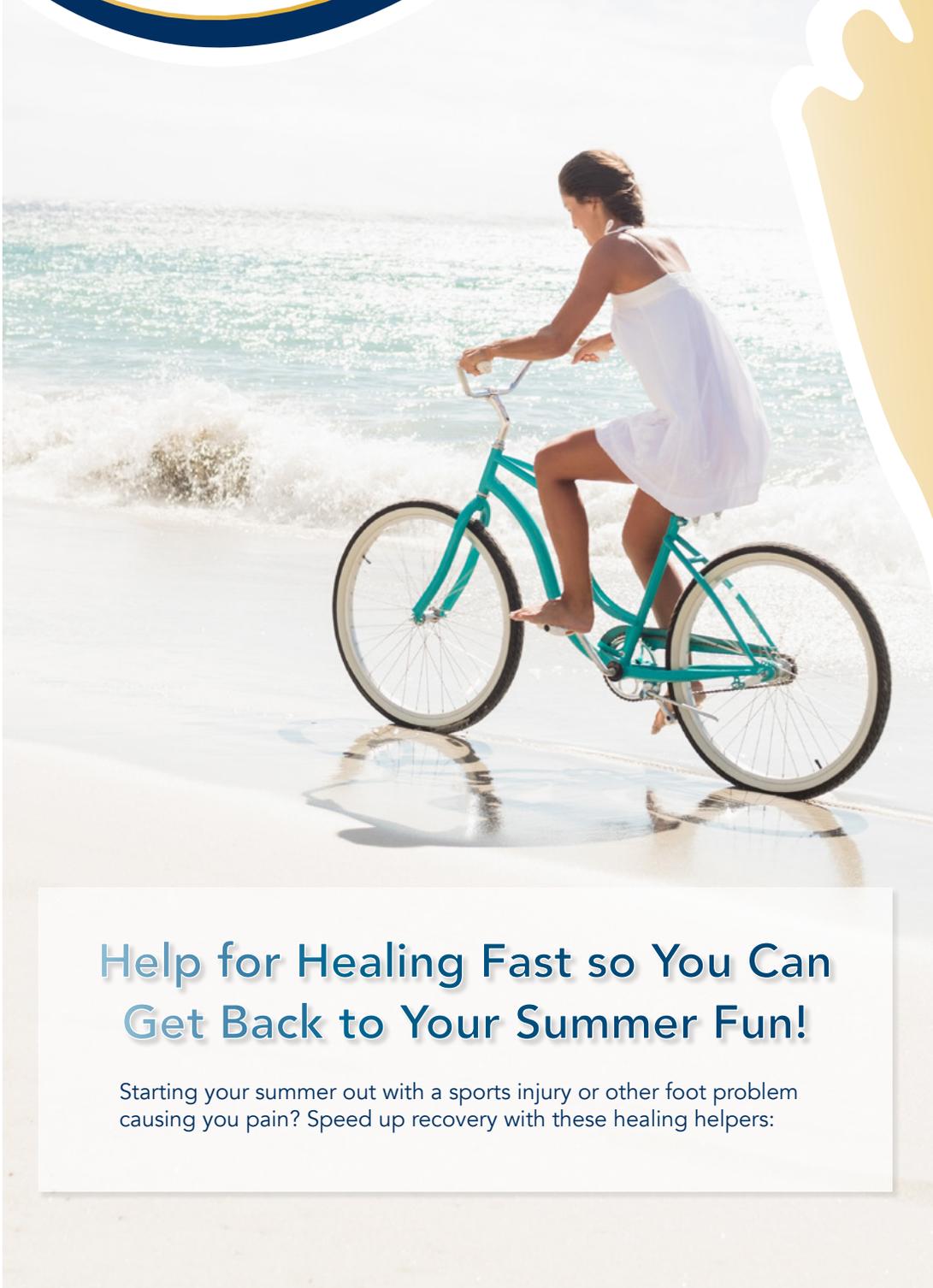




HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

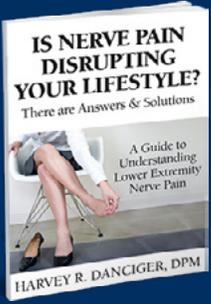


REQUEST AN APPOINTMENT 

OUR OFFICE
74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260
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OUR WEBSITE
CoachellaValleyPodiatrist.com


CALL NOW: (760) 568-0108


GET FREE BOOK NOW 

Help for Healing Fast so You Can Get Back to Your Summer Fun!
Starting your summer out with a sports injury or other foot problem causing you pain? Speed up recovery with these healing helpers:

01 RICE THERAPY

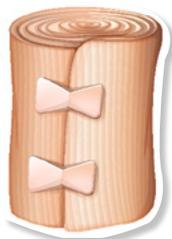
A go-to for athlete's everywhere, RICE stands for rest, ice, compression, and elevation and can encourage the healing process to get a move on it!



Rest – take a break from activities or choose low-impact options like swimming, biking, or yoga for a while



Ice – apply ice in 20 minute intervals to reduce swelling and pain



Compression – this simply means to wrap your injury with an elastic bandage—snugly but not too tight—to help minimize inflammation



Elevation – kick back and prop your injured foot up so that it is above heart level. This helps to reduce swelling as well (and can conveniently be combined with rest!)

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

[LEARN MORE](#)



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02 MLS LASER

Wavelengths of light pass harmlessly through your skin to reach the damaged cells below, stimulating repair and regeneration, while at the same time, reducing inflammation and relieving pain. It's like a jump start to healing, and a boost to getting better!



03 ORTHOTICS

These devices can be **custom-made 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, or correct your gait to stop the problem from getting worse. Any way you slice it, orthotics can definitely help you heal!



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

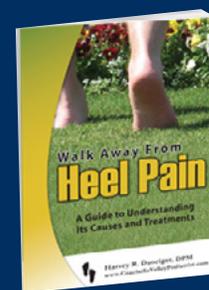
Don't overdo it. Repetitive stress can lead to injury.

Gradually increase workouts. Don't suddenly increase intensity and duration!

Wear proper shoes. Make sure your **shoes are appropriate for the activity and fit well.**

Warm up before activity. Prepare your muscles for the work ahead.

Stay hydrated. Drink plenty of water, especially in the summer months.



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“YOU HAVE
COMPLETELY
CHANGED
MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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SERVICE AREAS

HEEL PAIN ▶

NERVE ISSUES ▶

FUNGAL TOENAILS ▶

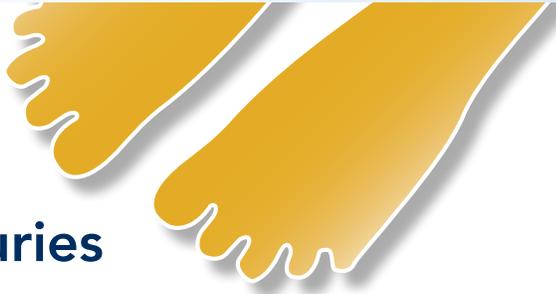
LASER TREATMENT ▶

DIABETIC FOOT CARE ▶

BUNIONS ▶

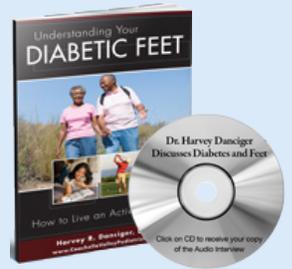
Cross-train. Incorporate low-impact exercise into your routine.

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.



Stop Sports Injuries in Their Tracks

If you need help with an athletic injury, don't put off making an appointment. Call **(760) 568-0108** to reach our Palm Desert, CA office and **schedule a visit** with Dr. Harvey Danciger today!



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Sudoku Puzzle:

				9	3	7	5		
4	2		1						
			4						
					8			7	
	1				5				
8		4		3					
								3	1
		2	3			9			
6	7								

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Please call our office (760) 568-0108. We're always happy to help!

If you're looking for more entertainment, browse [our newsletter library](#).

3	8	2	7	9	4	6	1	5
1	4	7	5	2	6	8	3	9
5	6	9	8	1	3	2	7	4
2	1	4	9	6	5	7	8	3
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9	7	1	4	5	2	3	6	8
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