



# 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

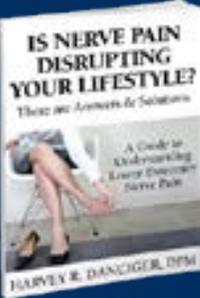
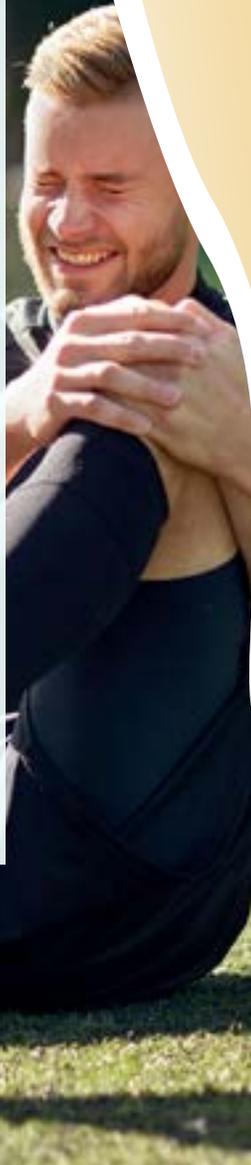
## Stopping Sports Injuries in Their Tracks

No matter one's level of participation—meaning anything from youth soccer to professional or Olympic-caliber athletes—there is always a certain degree of injury risk with sports. Of course, this is true of any physical activity, and even those not even closely related to sports (like opening a jar of pickles or walking to get the mail).

Whereas you could potentially sustain an injury doing just about anything, the risk factor is higher in sporting and exercise activities.

That doesn't mean you shouldn't do them, though!

On the contrary, there are simply too many benefits from leading an active life. Further, Dr. Harvey R. Danciger has an array of both advanced and traditional, tried-and-true treatment options to help you overcome sports foot and ankle injuries – and without the need for surgery in most cases!



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# Common Ligament Sports Injuries

Out of all the possible injuries a human can sustain, ankle sprains tend to be one of the most common—especially for athletes.

Whereas they aren't quite as common, turf toe injuries are another injury athletes can—and do!—sustain.

What do these two have in common?

They are both injuries to connective tissues—ligaments in this case—that happen on account of excessive motion.

In an ankle sprain, the ligaments supporting the ankle are extended too far on a horizontal plane. This happens as the foot twists too far to the right or left. In turf toe, the big toe is bent too far backwards (up and towards the foot). This causes ligaments supporting the MTP joint—which allows a toe to move up and down—to overextend.



## Overuse Injuries

Sometimes, the root cause of a sports injury isn't a matter of an overextended connective tissue. In some cases—and particularly with a couple of other common injuries—the problem is a matter of too much activity and not enough rest.

With regards to overuse injuries, there is a definite “big three” in plantar fasciitis, Achilles tendinitis, and stress fractures.

Plantar fasciitis and Achilles tendinitis are both soft tissue injuries that cause heel pain. Even though the pain from both are felt in the heel, there are stark differences. For example, plantar fasciitis causes sharp pain in the bottom of the heel, while Achilles tendinitis is more likely to cause duller pain in the back.

Stress fractures are tiny (but painful) cracks that develop in the surface of bone tissue. A contributing factor to this injury is the fact bone tissue is constantly replenishing itself – removing fatigued cells and replacing them with fresh ones. Too much activity before the cycle is complete and stress fractures form when bones are subjected to forces from high-impact sports and exercises.

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



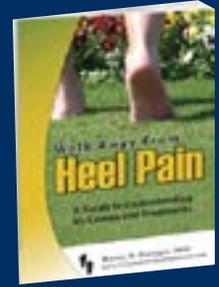
Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

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!

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## Why Seeking Treatment Is So Important

No matter what kind of foot or ankle sports injury you sustain, it is important not to try and “push through” it!

If you’re hurt, you need to address the problem. After all, this is the very reason we have pain – to indicate an existing issue that needs attention.

Remember, early intervention is almost always the best time to seek help. When injuries are at the earliest, they require less treatment than if the condition progresses – and left untreated, they will progress.

Stress fractures can become full-blown broken bones, Achilles tendinitis can lead to an Achilles tendon rupture, and plantar fasciitis can result in painful heel spurs.

Also, seeking treatment at the earliest opportunity will mean less recovery time – and that means you can get back to your favorite activities faster!



“YOU HAVE **COMPLETELY** CHANGED MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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# Sports Injury Treatment Options

When treating your foot or ankle sports injury, we will start by evaluating conservative (nonsurgical) treatment methods.

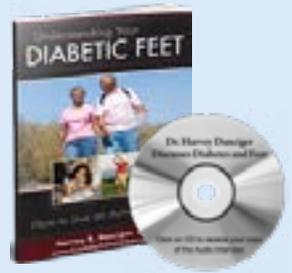
A good starting point—one you should practice prior to your appointment at our office—is to simply take some time and rest. This will avoid the risk of causing further damage, while at the same time allowing your body to begin natural healing processes.

If you don't want to completely give up physical activity, at least switch to low-impact ones like yoga or swimming. (These are actually great to incorporate into your normal fitness routine anyhow.)

Depending on your injury and other factors, we may create a treatment plan consisting of ice therapy, medication, compression, physical therapy, bracing, or perhaps custom orthotics (which work with your unique feet and gait pattern).

We also are pleased to offer state-of-the-art laser therapy. This treatment is outstanding at treating soft tissue (ligaments, tendons, and muscles) injuries. It uses laser energy to stimulate and enhance natural healing at the cellular level. Sessions are quick, painless, and completely safe.

No matter what kind of treatment you need for your foot or ankle sports injury, don't put it off!



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