



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

What Can **ORTHOTICS** Do For You?

An orthotic is an insole that is placed inside your shoe to support and help control the positioning of your foot. Orthotics are an extremely beneficial form of treatment for a variety of foot conditions and injuries, including:


- 01** Prevention of foot deformity or the worsening of an existing condition
- 02** Balance restoration and optimal foot positioning when you stand or move
- 03** Pressure relief from specific areas of your feet that may be causing pain or discomfort
- 04** Alignment of your feet
- 05** Improvement with regard to biomechanical functioning of your feet and lower legs



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

**IS NERVE PAIN
DISRUPTING
YOUR LIFESTYLE?**
There are Answers & Solutions

*A Guide to
Understanding
Lower Extremity
Nerve Pain*

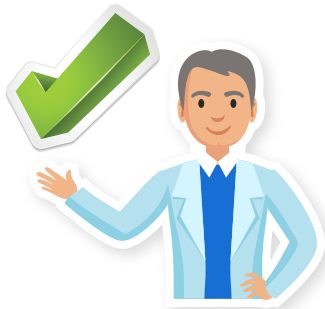
HARVEY R. DANCIGER, DPM

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Q ARE CUSTOM ORTHOTICS
A BETTER THAN STORE
BOUGHT ONES?



Many stores offer whole aisles worth of orthotics. So, why not just pick one that seems to suit your needs? Store bought orthotics are usually one size fits most. One of these may help for a limited amount of time but the bottom line is that a store bought orthotic is not made for YOU or your foot needs.



A true custom orthotic is made from a mold of your specific foot structure and designed to help exactly the way you need it to. A store bought orthotic could possibly do more harm than good if it doesn't fit well. You could end up with further foot problems and even knee, hip and back problems as well.

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



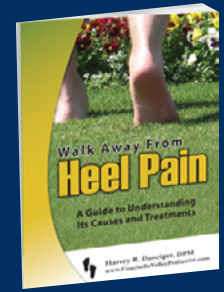
Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

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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Q CAN I WEAR ORTHOTICS **A** WHILE PLAYING SPORTS?

Absolutely. Athletes in many different sports benefit from the use of orthotics. Most sports put a lot of stress on feet and ankles. Orthotics stabilize and support your feet, absorb shock, improve foot control, help prevent injury and can improve your performance as well.

Dr. Danciger can provide custom orthotics that are molded specifically to your foot structure. Wearing custom orthotics in your shoes keep your feet supported where they need to be and help them function well despite the stress being put on them. If you have an underlying condition such as flat feet or high arches, orthotics are also highly effective in protecting your feet during activity from fatigue, pain and injury.

If you have been playing with pain or are concerned about how your current orthotics may affect your performance, talk to Dr. Danciger. He can assess your foot condition and activity level and either provide custom orthotics or answer any questions you may have.



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

L. HALLEK - PALM SPRINGS, CA

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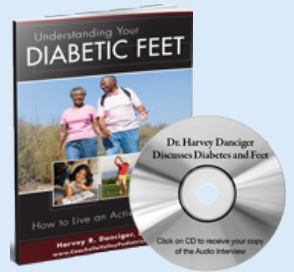
Q ARE ALL A ORTHOTIC'S EQUAL?



The answer is definitely no! A functional orthosis is made to re-align the bones and joints of the feet to allow better function of the muscles, the feet and legs. It is important to have a proper casting of the feet in the corrected position for the orthosis to be made correctly.

A custom orthosis is not something that a salesperson measures your foot and then goes into the back room and brings out an arch support for you, like many stores will do. They do say it is a custom device and charge a lot of money for them. Be Careful!!! A true functional orthosis takes time to make by a qualified lab. It is not done in a few days.

If you have a foot, ankle, or leg problem that is giving you pain or severe discomfort, this may be the solution that you need. Come into our Palm Desert, CA, office and let **Dr. Danciger** give you an expert diagnosis and develop a treatment plan for a mobile and pain-free you. Make an appointment by either calling (760) 568-0108 or using our **online form** today.



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Sudoku Puzzle:

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

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