



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



Stay Active—and Healthy—this Spring!

When you lead an active lifestyle, you receive more benefits than you realize. Sure, you're probably well-aware that exercising on a regular basis can help you burn calories, lower your resting heart rate, improve circulation, and have stronger bones and muscles. At the same time, though, you also improve your emotional and mental wellbeing.

Whereas exercise and sporting activities are outstanding for almost all facets of who you are, it's important to keep in mind that they always do contain a certain degree of injury risk as well.

Of course, the truth of the matter, is that our bodies can get hurt in a multitude of ways—not just while working out or playing a sport!

As such, there's no reason to avoid those activities.

In fact, we can help you overcome foot and ankle injuries sustained while on a track or trail, in the gym, or in the field of play. Even better—Dr. Harvey Danciger can often provide effective results with conservative (nonsurgical) methods!

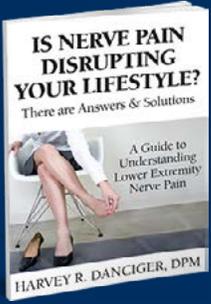


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74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260
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Exerting Yourself Too Much: Overuse Injuries

There are two general kinds of injuries—acute and overuse.

In the case of an overuse injury, the problem comes down to the fact that you were simply doing too much.

Sure, exercise is good for you, but your body does have its limits. And on top of that, it needs time to properly recover following the excess force loads physical activities place upon the various anatomical tissues—especially your bones, muscles, and the tendons and ligaments binding them together.

Some of the most common forms of overuse injuries include plantar fasciitis (the leading cause of [heel pain](#)), Achilles tendinitis, and stress fractures.

In the cases of plantar fasciitis and Achilles tendinitis, the core issue revolves around soft tissues—the plantar fascia and Achilles tendon, respectively—that have become inflamed and painful due to physical stress and strain.

A [stress fracture](#) is a tiny, surface-level crack that can develop in one of your bones. Given that the bones in your feet and ankles can absorb tremendous amounts of force, it's important to make sure they receive adequate rest between training sessions. Otherwise, this common injury can develop.

Acute Sporting Injuries (Especially Sprains)

Whereas overuse injuries tend to develop over time, acute injuries typically happen in a single, isolated incident.

For example, while a stress fracture is an overuse injury, a more traditional fracture occurs when there is blunt trauma (such as if you dropped a bowling ball on your foot).

One acute injury that tends to be especially commonplace is [an ankle sprain](#).

The bones forming your ankles are connected with a variety of ligaments. And those ligaments have a normal range of motion allowing for lateral (side-to-side) movement. When a foot twists too far, the ankle ligaments can become sprained.

Even though that's the most common type of sprain in the lower limbs, it isn't the only one!

Another one that often requires treatment is [turf toe](#)—an injury that happens when the big toe is bent too far backwards (up and towards the foot). This causes ligaments supporting the metatarsophalangeal (MTP) joint—which is located where a toe connects to a foot and allows it to move up and down—to overextend.



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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What You Should Do First

Contacting our office to request professional treatment is absolutely a smart move—but it's not the first one you should take. That particular distinction belongs to performing basic first aid measures.

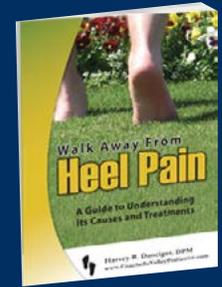
When it comes to foot and ankle injuries, first aid is usually pretty straightforward. For non-emergencies, the **RICE** method is often quite effective. This is simply a matter of:

- R** **Resting.** Taking time away from physical activities, starting with removing yourself from the exercise or sport responsible for the injury (don't try to "push through" it!).
- I** **Icing.** Ice is a tried-and-true option for a simple reason—it works. Applying ice to an injury site will both relieve pain and reduce inflammation (which is key to proper healing).
- C** **Compression.** Using an elastic bandage to wrap the injured foot or ankle can help to reduce swelling. Be careful, however, of wrapping the bandage too tightly. If you start to experience numbness or tingling, loosen it up a little.
- E** **Elevation.** Keep your injured limb elevated above heart level—something you can do while resting—will further decrease swelling.

Along with RICE therapy, you may also want to use a nonsteroidal anti-inflammatory drug (NSAID), such as naproxen or ibuprofen to further manage pain and keep inflammation at a minimum.

Finally, a quick note regarding "rest":

If you don't want to completely give up physical activity, at least consider temporarily switching to low-impact ones like yoga or swimming (if possible—and consult with our office first). Even better is to incorporate these kinds of activities into your normal workout routine when you aren't injured. Doing so can help lower your injury risk.



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COMPLETELY
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How We Can Help You Overcome Sports Injuries

Before we start treating your foot or ankle sports injury, we take the time to properly assess the situation and arrive at a professional diagnosis. Additionally, we listen to you so we can better understand your lifestyle and goals for treatment.

After we have a solid understanding of your condition, we will evaluate conservative treatment options—and the good news is that we have a variety that are proven to be quite effective!

Your customized treatment plan will depend, of course, on the nature of your injury and unique circumstances.

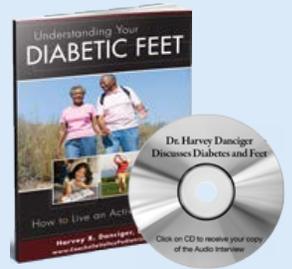
Depending on an array of factors, we might create a treatment plan for you that consists of ice therapy, medication, compression, physical therapy, bracing, or possibly even custom orthotics (special shoe inserts that work with your foot structure and gait).

Another outstanding option we're happy to offer is our advanced laser therapy. Laser therapy is particularly effective for treating soft tissue injuries—such as those sustained by muscles and connective tissues.

You will find that our laser leads to fast healing, while at the same time being painless and completely safe. There are no known side effects and the treatment sessions are rather quick.

Above all else keep this mind:

If you have a foot or ankle sports injury, you need to address it. Failing to do so can potentially turn an easily treatable injury into a bigger problem—possibly even one that becomes recurrent!



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Are you suffering from foot or ankle pain (or dysfunction) due to a sports injury? Then give us a call at (760) 568-0108 and make an appointment for the treatment you need today!

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

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