



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

How Are Your Feet After 2020?

Happy new year! We wanted to take a moment first to thank you so much for trusting us for your foot and ankle care. Whether your last appointment with us occurred recently or further back in the past, the support of you and others in our community is how we are able to continue doing what we love. We don't forget that!

2020 definitely threw everyone some curveballs, and it may still be several months until we are able to put it fully behind us. How are your feet and ankles currently feeling?

You might be doing just fine, and we're glad if you are! You might be like many others, though, who found problems such as heel pain developing or getting worse as they adjusted to a new daily routine. Maybe other problems have appeared, too.

As life changes, sometimes your approach to foot and ankle care needs to change as well. We are always here to help you determine what's at the root of any foot or ankle problems you might currently have, then recommend the best methods for treating and managing your symptoms.



REQUEST AN APPOINTMENT



OUR OFFICE

74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260

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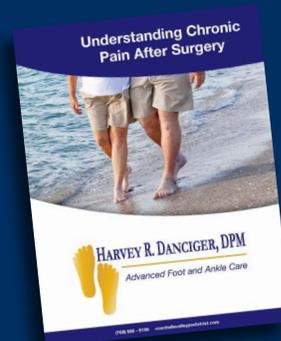
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CoachellaValleyPodiatrist.com



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Understanding Chronic Pain After Surgery



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Making Positive Changes (and Keeping Them!) through 2021

Good foot care is rarely a “one and done” sort of thing. What you learn about your problems (and the factors that cause them) should be used to guide your habits and choices as you move forward.

Here’s an example from the stranger times of 2020 that might still be affecting you now:

As more people found themselves spending more time at home, it’s natural to suspect that their risk of developing heel pain would go down as well. They’re not having to rush around as much, right?

For a considerable number of people, though, heel pain actually began to appear, or existing cases became worse!

The reason for this, in many cases, was about shoes – in particular, a lack of them.



Staying home from an office or outdoor environment really put into perspective just how many hours a day we spend in our footwear. If those shoes have been providing good support for your arches and heels, then removing that support may subject your feet to extra hours of stress, day after day. That stress can be even worse if you’re standing and moving barefoot over hard floors all the time!

So, oddly enough, something that has helped many people with heel pain over the past year is something their parents conditioned them never to do: wear their shoes inside the house.

This is a long-term method for management, and knowing how it applies to you can help pave the way toward better foot health and comfort. And by knowing what affects your feet and ankles, we can help you even further! You might benefit from more specialized shoe choices, or even [custom orthotics](#) to provide more exact support for your needs.

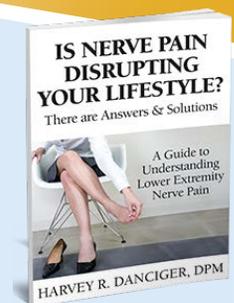
MEET YOUR DOCTOR

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!



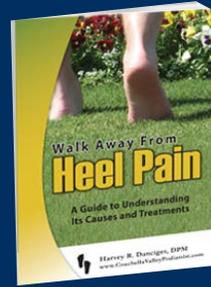
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What Else Can Be Done?

Being mindful of your feet and how they are affected by changes is the first and best step toward taking care of them. The earlier you let us know that something isn't right, the sooner we can identify potential problems and start dealing with them.

Following are just a few helpful habits for anyone to help maintain their foot and ankle health:

- **Inspect Your Feet Regularly.** If you live with [diabetes](#), a daily foot inspection is an essential routine to develop. But even if you don't have diabetes, regularly checking over your feet for signs of damage, discoloration, and other abnormalities can clue you in to anything that may need our attention.
- **Take Time to Stretch.** Some simple exercises and stretches that focus on your feet and lower legs can help maintain strength, conditioning, and flexibility over time.
- **Wash and Dry Thoroughly.** Clean your feet with soap and water (don't just let the shower water run down on them) and fully pat dry. That includes between your toes, to provide less moisture for fungus or bacteria to thrive on.



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COMPLETELY
CHANGED
MY LIFE.”

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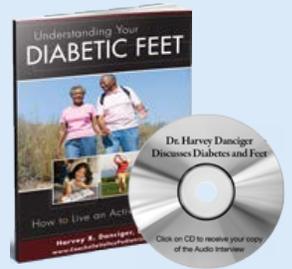


Wishing You a Great Start to 2021!

Our entire staff wishes you and your loved ones the best in health through this coming year. We hope there are more new opportunities than challenges—but whatever you may face, we'll be here to help you keep foot and ankle troubles from impeding your progress.

Contact us whenever you need an appointment. We'll be happy to help!

From tried-and-true traditional methods to advanced treatments, we can help you find relief from pain and get you back to action sooner. Call us today at **(760) 568-0108**. Or, if you prefer to contact us electronically, [fill out our online contact form](#).



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