



**FOOT & ANKLE
WELLNESS CENTER**

740.363.4373 | www.FAAWC.com

www.FAAWC.com Spring 2021

THE Extra Mile

We're going the extra mile...to help you go your extra miles.

Jane E. Graebner, DPM • Drew J. Belpedio, DPM • Martha A. Anderson, DPM • Sarah J. Viselli, DPM • Scott J. Blanchard, CNP

We Keep You in the Game



Welcome Dr. Sarah J. Viselli!

Dr. Viselli is joining the Foot and Ankle Wellness Center. We are excited to welcome her to the office. She starts seeing patients on May 17th. A graduate of the Ohio College of Podiatric Medicine, Dr. Viselli completed her surgical residency at Grant Medical Center. She joins us with over 11 years of experience treating foot and ankle conditions, including sports injuries, wound care, and adult and pediatric conditions.

If you are in the office, be sure to say hello to her at your next visit!

To schedule an appointment with Dr. Viselli, call our office at 740.363.4373 or request an appointment online.

[Click to Request an Appointment](#)



Choosing a Foot and Ankle Surgeon



Just as you wouldn't go to your hairstylist for a dental cleaning, you don't want to go to the wrong physician to perform your foot and ankle surgery. Making this decision can be tough and it's an important one. Here's what you need to know when choosing your surgeon.

A foot and ankle surgeon is a Doctor of Podiatric Medicine (DPM) who has completed advanced study and training in surgical and

non-surgical techniques for treating common foot and ankle problems. Podiatrists spend more time than any other surgeons training directly for foot and ankle procedures, and you will benefit from that specialized knowledge and application.

Look for a surgeon certified by the American Board of Foot and Ankle Surgery (ABFAS). This certification attests that the physician has undergone extensive and up-to-date training in a wide variety of techniques and procedures specific to the foot and ankle.

For more information about foot and ankle surgery, talk to your FAAWC provider.

We can advise on whether surgery is the right choice for you, what specific procedure will provide the best outcome, and which foot and ankle surgeon to choose for the job.

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What's Up Docs?



1. Everything is better at Disney World! **Dr. Anderson** visited Disney with her girls and parents towards the end of March! They made it back to Ohio just in time to celebrate Easter.
2. **Dr. Belpedio** is grateful to spend time with his mom and sister for his birthday!

3. **Dr. Jane** and FAWC mascot, ToeToe, visited Mammoth Cave in Kentucky. She and her husband, Mike, went on their first trip in their RV!
4. **Scott** and his family enjoyed a day at the Columbus Zoo and Aquarium.

5. **Dr. Porter** and her husband, Joe, celebrated their son's first birthday. Happy birthday, Riley!



In need of physical therapy?

If you did not already know, we have a physical therapy team inside of our office!

At **Central Ohio Physical Therapy**, we treat the whole body, all ages, and all injury types using the most innovative and extensive methods available. Whether it's for a sports injury, a work injury, or a chronic medical condition, our team is here to improve the quality of your life!

Want to know more about Central Ohio Physical Therapy? Click this link to visit their website: <https://faawc.com/services/physical-therapy>.



Walk with a Doc is Back!

Have you ever wanted to get to know one of our providers better or ask them questions about general health tips? If so, you're in luck! **Walk with a Doc is a FREE walking program** where you can do just that — one of our providers will be at **Mingo Park at noon on the fourth Tuesday of every month** to chat and answer your questions. We can't wait to see you there!



Every Friday
Walk-In Hours
Noon - 3 pm
No appointment needed!



Bunion Basics

About 25% of the population is at risk for or currently has a bunion. Let's take a quick look at the what, why, who, when, how, and where of bunions.

What is it?

A bunion, aka "Hallux Valgus," is a deformity of the joint at the base of the big toe. As the big toe points toward the other toes, the joint at its base turns outward, creating a bump on the side of your foot.

Why do they form?

Bunions are often the result of a combination of genetics and lifestyle choices. Your foot's natural mechanics play a big part in how your foot responds to the pressures and stress of your everyday life. Flat feet, loose joints, improper shoe choices, and an unhealthy weight can increase your likelihood of developing a bunion.

How is it treated?

The only way to correct a bunion is via surgery. Yet, for mild bunions, preventative measures such as treating underlying conditions, wearing orthotics, and losing weight can help keep bunions from worsening. For symptomatic bunions that cause pain, toe splints, RICE (rest, ice, compression, elevation), and shoe changes will be necessary. If a bunion severely interferes with daily activities, it will require a surgical solution.

Where can I find more info?

There's a lot to know about bunions, but FAAWC has you covered. Visit www.FAAWC.com/media/blog to check out our bunion articles.

Who is at risk?

Bunions are genetic. If a parent or grandparent has a bunion, you are at higher risk for developing one yourself. Women are 10x more likely than men to develop a bunion. High heel wearers also suffer more often from bunions due to narrow toe boxes and added pressure from a changed center of gravity.

When should I seek treatment?

Call a podiatrist as soon as you suspect a bunion is forming. Early recognition and treatment can prevent bunions from worsening. However, preventative measures may not slow the progression forever, meaning painful symptoms can develop and start interfering with everyday activities. At that point, seeking treatment is a must and should not be delayed.



The Trails are Calling



Are you ready to get out of the house and enjoy the warmer weather?

TrailLink makes it easy to find walking trails across the state. Their plethora of filters allows you to find the trail that best suits your needs—wheelchair accessible, length/mileage, dog-friendly, etc. **Another fantastic resource for nature-lovers is the Preservation Parks Delaware County's website.** It details additional great walking and hiking paths in our area!

Check out both resources to the right.



<https://www.trailink.com/>



<https://preservationparks.com/parks/>

Get Up and Get Moving!

At the beginning of the year, staff participated in our annual **Wellness Challenge** to focus on bettering our health. We had fun competing on weekly competitions and encouraged each other every week to reach our mental and physical goals. Take a look at some of the fun photos that were captured throughout the eight weeks!



*In the end, the Narwhals were victorious!
Congratulations to Alean, Taylor, Elia, and Scott!*



We had a few teams get creative this year with group shirts and team tattoos (don't worry, they're temporary!).