

# FOOT SPECIALISTS OF LONG ISLAND

Mark Gasparini DPM | Novneet Chhabra DPM

## Don't let your feet get Bulba-saur!

- Check your shoes and make sure they are not too worn down.
- Make sure your shoes fit well and are not too tight as this can lead to ingrown nails.
- Make sure you wear socks with your shoes to help limit friction and limit the chance of forming blisters.

## Pain is Onix-ceptable

- Any pain in your feet can be a sign of a pathology and should be checked by a foot specialist.
- Many foot conditions get worse with time and require more extensive treatment if left untreated.

## Come by and let us have a Pikachu

**Address:** 119 New York Ave,  
Massapequa, NY 11758

**Phone:** (516) 804-9038



## Pokémon GO

Hi Pokémon Trainers! The best way to catch as many Pokémons as possible is to be able to walk as much as possible. We at Foot Specialists of Long Island are here to keep you on your feet exploring, so you can catch 'em all.

### *Orthotic devices*

The best feet when walking around catching Charmanders are stable feet. If you have arches that are too low, your feet may be over pronating and if you have arches that are too high, your feet might be over supinating. In both of these cases your feet can get fatigued quickly. Custom orthoses can not only help treat these issues but can even prevent them! So definitely come by, because these aren't items available at any Pokéstop.

## Pokémon Go player tips

### Catch Pikachu as Your Starter!

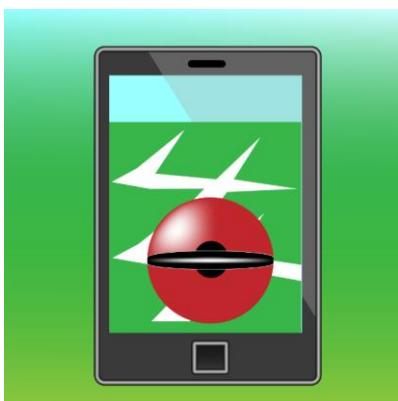
This first trick for Pokémon Go can be found right at the start of the game, while picking your starter Pokémon. If you continuously ignore and run away from Bulbasaur, Charmander, and Squirtle, Pikachu will eventually appear, ripe for the catching.

### Paw Prints Are Used for Tracking

After you've caught your starter, you can click the window in the lower right hand corner to see nearby Pokémons.

### 10.0 KM Eggs Hatch the Best Pokémons

There are three different types of eggs you can find based on the distance they need to be hatched: 2.0 KM eggs hatch common, 5.0 KM eggs hatch uncommon, and 10.0 KM eggs hatch the rarest Pokémons available, like Magmar, Lapras, or Dratini.



## *Shoe Gear*

While Pokémon training, make sure you wear the right shoes for each terrain. While sneakers are certainly the most adaptable to any terrain, they must not be too worn down as this can lead to slipping and instability. The condition of your shoe gear can be evaluated by a foot specialist during your visit. Basketball sneakers are more preferable than running sneakers on asphalt as they allow for the ability to safely change directions with greater ease by better supporting the ankle joints. But for those Pokémon trainers who prefer to adventure out to rougher terrain like grassy forests, boots with excellent treads are key to prevent slipping, sprains, and insect bites. Lastly, for those of you going to the beach looking for Pokémons, make sure to not go barefoot, as getting burned by the hot sand is all too common an occurrence. Make sure to stay safe and have a Blast-oise!

