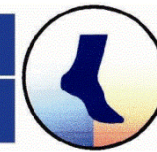


Do you have toe nail problems?

About the Office:

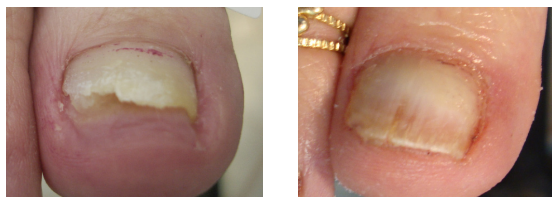
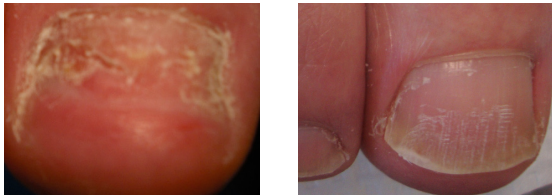
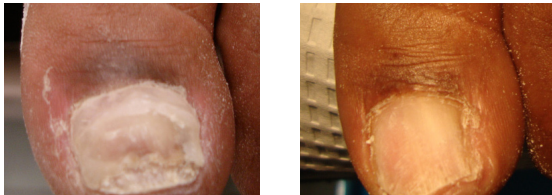


Kentlands
Foot & Ankle Center

Do you suffer from
ugly, unsightly nails?

Restore their appearance today

Before / After

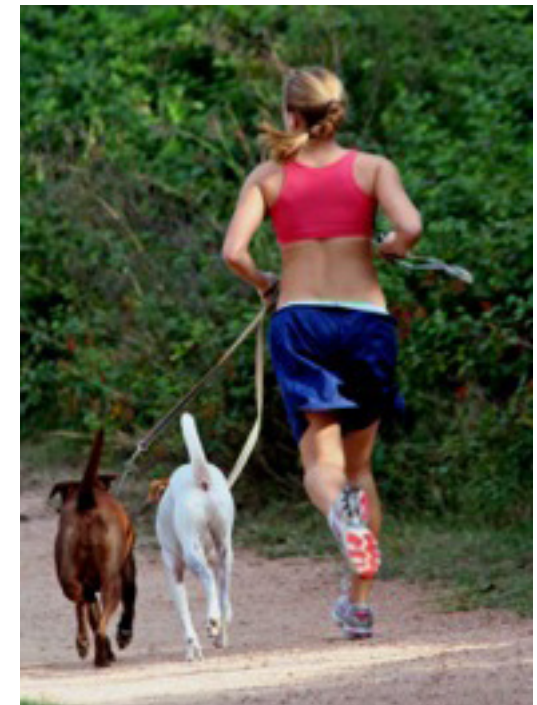


Dr. Sherman is an alumni of University of Wisconsin-Madison and graduated with honors from Temple School of Podiatric Medicine in 1998. He went on to a three year podiatric medicine and surgical residency at Tenet-Elkins Park Hospital. Dr. Sherman is a Fellow of the American College of Foot & Ankle Surgeons and is board certified in foot and ankle surgery. His training has focused in both invasive and noninvasive treatment for sports injuries, wound care and overall treatment of the foot and ankle. Dr. Sherman has served as a consultant for the Penn Relays and Marine Corps Marathon.

Dr. Sherman believes the benefits of noninvasive procedures far outweigh drastic invasive procedures. He is pleased to offer the new cold laser as an alternative to surgery and an adjunct to stretching and exercises.

Nexus Lasers
Healing
PAIN
with
Sustained Relief

Reducing Inflammation.
Restoring Function



Dr. Jon M. Sherman, FACFAS

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Dr. Sherman provides the following services

- NEW Laser for old and new injuries
- FDA approved Nail Laser treatment for toenail fungus
- Comprehensive foot and ankle care for all ages
- Non-surgical treatment of athletic injuries, ankle sprains, neuromas
- Diabetic foot care
- Shock Wave therapy for heel pain (ESWT)
- Biomechanical analysis and orthotic fabrication
- Surgical treatment of bunions and hammertoes
- Heel spur and arch pain treatment
- Endoscopic heel surgery

Call our office for more information for all your foot and ankle needs!

ASK ABOUT OUR
LASER TECHNOLOGY
FOR UGLY NAIL SYNDROME

Laser Therapy

What is Laser Therapy?

Laser Therapy, or “photobiomodulation” is the use of specific wavelengths of light (red and near -infrared) to create therapeutic effects. These effects include but are not limited to: improved healing time, pain reduction, increased circulation, decreased swelling and vasodilation. Laser Therapy has been widely utilized in Europe by physical therapists, nurses and doctors as far back as the 1970s. Now, after FDA clearance in 2002 Laser Therapy is being used extensively in the United States

Has the effectiveness been demonstrated scientifically?

Yes. There are over one hundred rigorously controlled, scientific studies that document the effectiveness of a laser for clinical conditions like pain, inflammation, arthritis, tendonitis, neuromas, nerve pain, joint pain, DJD/RA of any joint, Achilles tendonitis, and plantar fasciitis.

Cellular Effects of Laser Therapy

During Laser Therapy the infrared laser light interacts with tissues at the cellular level which increases metabolic activity within the cell. This vastly improves the transport of nutrients across cell membranes. This initiates the release of nitric oxide leading to a cascade of beneficial effects, increasing cellular function and health.

Laser Therapy Can Help With:

Drug free pain relief is our primary goal. Our non-surgical pain laser truly has the power to immediately and dramatically reduce and/or eliminate pain, discomfort and inflammation. Effects are often realized in the first treatment. A series of treatments are recommended to ensure sustained and prolonged relief.

Flooding damaged and inflamed tissue with photons energizes the area increasing elevated blood flow. This results in better oxygenation and faster recovery of damaged cells coupled with a cascade of healing mechanisms your body naturally employs. Treatments only take a few minutes while results continue long after.

Laser Therapeutic Effects

During each painless treatment, laser energy increases circulation; drawing water, oxygen, and nutrients to the damaged area. This creates an optimal healing environment that reduces inflammation, swelling, muscles spasms, stiffness and pain. As the injured area returns to normal (homeostasis), function is restored and pain is relieved.

Laser Therapy for Chronic Plantar Warts

Using a specialized fiber optic tool, Laser Therapy can help get rid of stubborn plantar warts. The laser targets blood vessels within the wart to separate them from healthy vessels. This causes the wart to dry up. This therapy is best used in conjunction with removing callus build up using salicylic acid or in-office debriedment to aid in the drying process.

Laser Therapy Can Be Used For:

- Arthritis
- Hammertoe
- Ingrown Toenail
- Athletic Injuries
- Sprains
- Strains
- Neuropathy
- Tendonitis
- Pain relief
- Neuralgias
- Neuromas
- Tarsal tunnel
- Plantar Fasciitis
- Post-Surgical
- Shin Splints
- Warts
- Fungal Toe Nails
- And many more concerns. Ask today about any old and new injuries you are still

