



# Foot & Ankle Wellness Center

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Jane Graebner, D.P.M. • Drew Belpedio, D.P.M. • Martha Anderson, D.P.M.

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*Your Foot and Ankle Care  
Comes with Our Promise*



# We Promise

- To make an appointment that fits *your* schedule.
- To greet you with a smile.
- To keep our office clean, modern and handicap-friendly.
- To *really* listen to you and respect your needs.
- To explain what's wrong and ways to help fix it.
- To recommend surgery only when you *really* need it.
- To make sure you understand answers to *all* of your questions before leaving.
- To make our doctors' cell phone numbers available.
- To respond quickly to any of your concerns.
- To partner with your other doctors as needed.
- To keep current with the latest medical advances.



740.363.4373



# Immediate Access

The Foot & Ankle Wellness Center understands the challenge of finding medical care that is quick, accessible and affordable.

Months ago I was experiencing severe pain in my right ankle after a fall. I assumed I'd have to wait — in pain — for several days to see a doctor. But with FAAWC's immediate access hours I was seen that very same day.

My podiatrist had an X-ray taken on site, my options were discussed and I got help with the pain — all in one day. I received an accurate diagnosis and treatment options from a specialist, and the time and cost were a fraction of what I would have spent at an urgent care center.

I'd recommend FAAWC for anyone in pain who needs immediate assistance.

## IMMEDIATE ACCESS HOURS

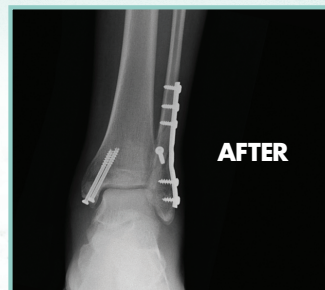
*No appointment necessary*

**Mondays and Tuesdays** 10 a.m.-5 p.m.  
*Emergency cases only*

**Fridays** 10 a.m.-2 p.m.  
*Any cases*



BEFORE



AFTER



# Heel Pain

I dreaded getting up in the mornings because the first few steps caused a sharp, burning pain in my left heel. Twenty years of working in steel-toed boots on concrete was taking its toll.

I found myself avoiding going places, for fear I'd have to walk too far. To make matters worse, my lack of activity caused me to gain a few pounds.

In three to four weeks my

podiatrist had the pain under control. Now I wear custom insoles in my work shoes to support my arch and keep my plantar fascia from becoming strained.

Today I'm back living a healthy, active lifestyle and can make it to retirement in comfort.



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# Injuries

After achieving my best-ever time in a half marathon, two days later a car crash changed everything.

What was originally thought to be a sprained ankle ended up being a broken bone, which kept

me from my running routine for a while.

With the help of my podiatrist I was diagnosed and treated correctly. Now I feel stronger than ever, and I'm training for a full marathon.

## AMONG THE INJURIES WE TREAT

- Ankle & foot sprains
- Bone spurs
- Broken ankles
- Chronic ankle pain
- Painful joints
- Shin splints
- Sports injuries
- Stress fractures
- Tendon strains





# *Our Doctors*

We want you to get to know us personally ...



**Dr. Jane Graebner**

“I’m proud of the fact that I’ve been part of the Delaware community for over 30 years. During that time I’ve learned compassion and understanding are essential to being a good doctor. I try to listen and learn about each patient’s lifestyle and individual needs. Then I can design a treatment plan specifically for them.”

**Dr. Drew Belpedio**

“One of the things I love most about our practice is how we deliver the highest level of medical care with a personal touch. Focusing on the patient as a whole allows us to be better doctors. I enjoy helping patients recover from debilitating foot or ankle conditions. When they return to their activities, be it work or a hobby, it is a very satisfying experience.”



**Dr. Martha Anderson**

“I think it’s more rewarding to treat patients in a small community because of the trust and rapport we develop. I particularly enjoy helping those with injuries, such as fractures or sprains, as well as childhood foot and ankle conditions. Patients respond to my recommendations because they know I have their best interests at heart.”



# Our Practice

Our goal is to improve the quality of *your* life by ...

- Promoting healing, providing comfort and relieving pain.
- Building a relationship with you based on mutual trust, respect and friendship.
- Providing compassionate, personalized foot and ankle care.

## Are you looking for ...

### ... A clean, healthy nail salon?

Our **PediCare salon** offers a safer alternative to pedicures, with foot care by a certified medical nail technician in a sterile setting under the direction of a podiatrist.

### ... Shoes that feel good on your feet?

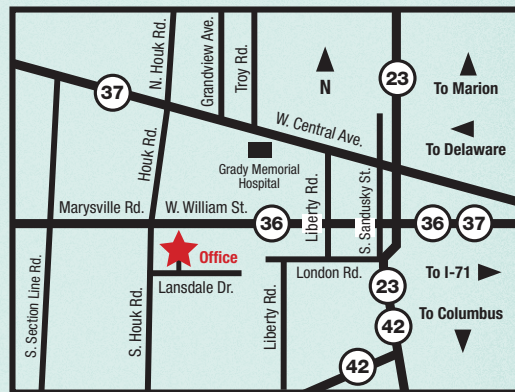
FAAWC has **certified therapeutic shoe fitters** and a pedorthist who can help hard-to-fit **diabetic** and nondiabetic patients find comfortable footwear to improve your foot and ankle health.

### ... Quality foot products all in one location?

We offer many products to help you. Many of them come with a money-back guarantee.

- Biofreeze pain-relieving gel
- Support hose and socks
- Support sandals and slippers
- Anti-fungal nail polish
- Many other products for healthy feet and ankles

Then FAAWC is the place for you!



## Always Accepting New Patients

**PHONE** 740.363.4373  
**LOCATION** 1871 W. William St.  
Delaware, OH 43015

[www.FAAWC.com](http://www.FAAWC.com)



# *Ingrown Toenails*

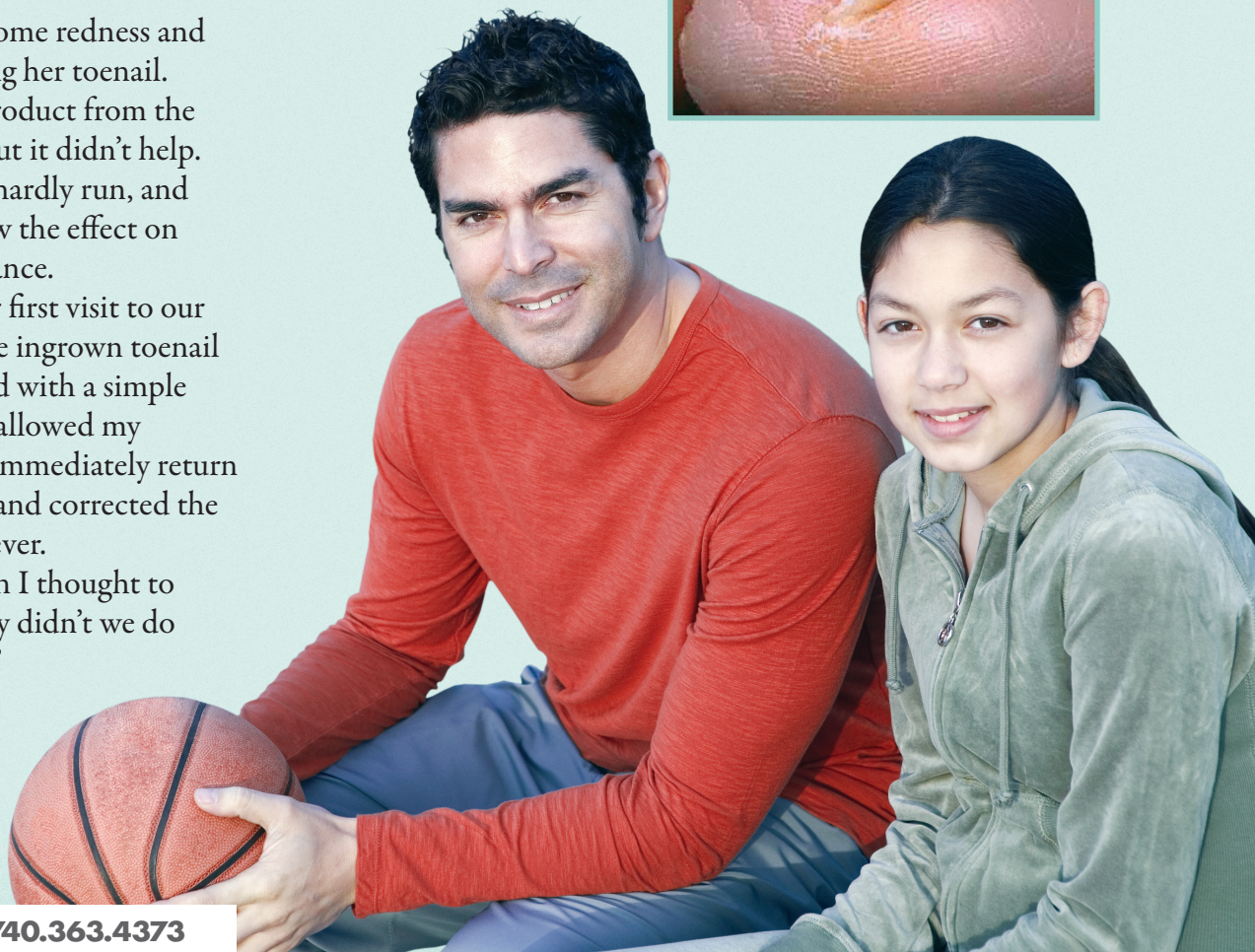
During basketball season my daughter's toe started to hurt so badly that she could barely walk.

I noticed some redness and swelling along her toenail. We tried a product from the drug store, but it didn't help.

She could hardly run, and her coach saw the effect on her performance.

During her first visit to our podiatrist the ingrown toenail was corrected with a simple surgery that allowed my daughter to immediately return to the court and corrected the problem forever.

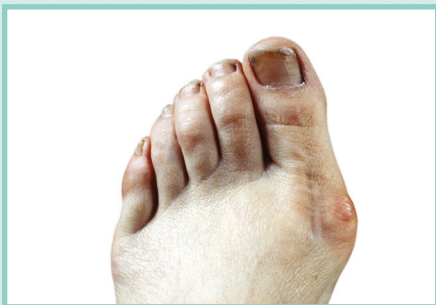
That's when I thought to myself, "Why didn't we do this sooner?"



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# Bunions



For years I watched the bumps on my feet grow bigger and my toes start moving over just like they did on my mother's feet.

The pain kept getting worse, and it was frustrating not being able to find

comfortable shoes.

After finally undergoing corrective surgery my feet healed really well, and overall they look fantastic.

Now my feet feel like they did when I was younger.





# Neuromas

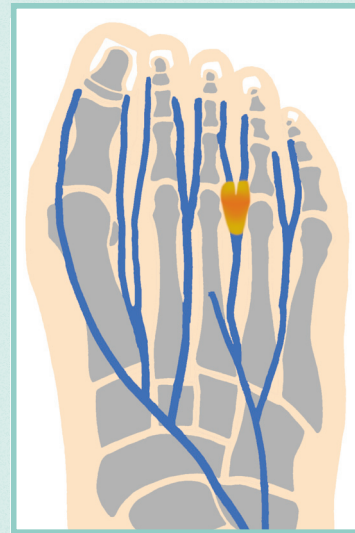


My job requires me to wear fashionable dress shoes, but I began to get sharp, burning pain in the toes on my right foot.

As the months passed the pain increased to an aching, burning sensation, with numbness and tingling.

My podiatrist diagnosed me with a neuroma, a “pinched nerve” in the ball of the foot.

After a successful course of treatment I was able to avoid the pain, expense and time off of surgery. The nerve has been quieted permanently, and I can wear my shoes without any pain in my foot.





# Fungal Infections

I was embarrassed by my toenails when they started getting thick, yellow and ugly. I never wore sandals because I didn't want people to see them.

I tried every over-the-counter medicine and home remedy you

can imagine, but nothing helped.

After discussing treatment options with my podiatrist, this summer is when my wish finally will come true: To walk the beach proudly, with nice looking toenails.







At the Foot & Ankle Wellness Center we offer the knowledge and experience of three doctors who specialize in foot and ankle care.

# Foot & Ankle Wellness Center



*"Healthy Feet and Ankles are the  
Foundation of an Active Lifestyle"*

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New Patients**

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