



Adriana Strimbu, DPM, PA

News and Updates *February 2022*

About the Doctor



Dr. Adriana Strimbu, DPM

Broward County, Hallandale Beach,
Florida Podiatrist | Foot Doctor

Born in Romania

Education:

- Florida International University, Miami, FL
Bachelors of Science, Biology
- Barry University School of Podiatric Medicine & Surgery 1996-2000
Doctor of Podiatric Medicine

Residency:

- Cedars Medical Center 2000 - 2002

Work Experience:

- Private practice in Hallandale Beach, FL 2002 - present
- Adjunct Clinical Instructor, Barry University School of Podiatry 2002-2012
- Podiatrist for CHC in Miami, FL 2002-2014
- Podiatrist for Helen Bentley Family Health Center, Miami, FL 2004-2007

Appointments:

- Chair of Public Affairs Committee for Florida Podiatric Medical Association 2018 - present
- President of Miami Dade County Podiatry Medical Association April 21, 2020 - present
- Vice President of Miami Dade County Podiatry Medical Association 2019 - April 20th, 2020
- Treasurer of the Miami Dade County Podiatry Medical Association 2017 - June 2019
- Adjunct Clinical Instructor for Barry University School of Podiatric Medicine 2002 - 2012
- Clinical laboratory Instructor, Barry University School of Podiatric Medicine 2002 - 2004

Professional Associations:

- Chair of Public Affairs Committee, Florida Podiatric Medical Association
- Member of Affinity Program, Florida Podiatric Medical Association
- Member of American Podiatric Medical Association
- Member of American Academy of Podiatric Practice Management
- Member of American College of Foot and Ankle Pediatrics
- President of Miami Dade County Podiatry Association

Family:

Dr. Strimbu is married, with 3 children, two girls, and one boy.



Tightening Those Loose Ankle Ligaments

When conservative measures to treat chronic ankle instability (e.g., bracing, physical therapy) don't produce the desired results, lateral ankle ligament reconstruction (ALR) surgery may be the only remaining treatment option ... but a good one.

Now, some people are not ideal candidates for this surgery — for instance, those with poor circulation, nerve or collagen disease, or who will be unable to undergo postsurgical rehab. But assuming everything's a go, here's what to expect:

- ALR is typically an outpatient surgery normally conducted under general anesthesia.
- A modified Bröstrom-Gould procedure is the most commonly performed ALR. An incision is made on the outside of the ankle (C or J shape), the ankle ligaments are identified, and then tightened by stitches or anchors placed into the fibula.
- Another possible technique is weaving a tendon into the bones around the ankle, which is held in place by stitches and possibly a screw. The tendon might be donated by your own hamstring, your ankle, or a cadaver.
- Postsurgical rehab will involve a splint or cast, no weight bearing for a while, then a removable walking boot that teams up with some weight bearing, and an ankle brace. Physical therapy will be part of the mix, too.
- Total recovery time is typically four to six months.
- Long-term studies show that over 90 percent of patients have good or excellent outcomes with their ALR surgeries.

Remember that no surgery is risk-free. Anesthesia complications, infection, damage to nerves and blood vessels, bleeding, blood clots, and loss of or increased sensitivity around the incision area are possible.

Don't ignore ankle sprains. Some sprains "blossom" into something more substantial without professional attention. Contact our office instead.



Knee Scooters: Things to Consider

Chances are, you have already seen someone utilizing a knee scooter (a.k.a. knee walker) to stay mobile and keep weight off an injured or surgically repaired ankle or foot.

Knee scooters have several advantages over crutches and walkers. For starters, it takes a significant amount of upper-body strength to walk with crutches or a walker. Not everyone has that — or the necessary endurance — or they might be suffering from an arm or shoulder injury. Crutches or walkers can also cause underarm, hand, or wrist discomfort. Those aren't issues with knee scooters.

Knee scooters also provide elevation for the foot or ankle, which aids healing. If you stop for whatever reason, your hands are free. Not so with crutches and walkers.

The speed of a knee scooter is advantageous as well — on smooth surfaces. For college students, knee scooters can be lifesavers for getting to class on time. Many universities provide golf-cart services to help students with mobility issues, but students are at their mercy as far as the clock goes.

There are potential drawbacks, too:

- Turns may cause tip-overs for some; there is a learning curve. Be extra cautious to start and take wide turns.
- Tighter office or home spaces may not accommodate them.
- Stairs are an obvious problem.
- Conditions like tendonitis may be a concern for the push-off leg if the scooter is used for great distances without rest breaks. Long stretches at a 90-degree angle are not great for the leg on the scooter, either.
- Insurance typically does not cover them. If you'd still like one, you can weigh the benefits of buying versus renting.

If you've got questions about knee scooters, contact our office for expert guidance.

Mark Your Calendars

Feb. 2 Groundhog Day: Punxsutawney Phil is fun ... but bad at his job (39% success rate).

Feb. 7 Periodic Table Day: Over 75% of the elements are metals. Most abundant metal? Aluminum.

Feb. 13 Super Bowl Sunday: The Roman numeral designation began in 1971 (Super Bowl V).

Feb. 14 Valentine's Day: More money is spent on jewelry than any other V-Day gift category.

Feb. 20 Cherry Pie Day: #5 most popular, behind apple, pumpkin, pecan, and banana cream.

Feb. 21 Presidents' Day: The National Wrestling Hall of Fame inducted Lincoln in 1992.

Feb. 22 Be Humble Day: The creator of this day is unknown ... true humility.



Insurance List

AARP Medicare Complete
AETNA
Ambetter (coming soon)
Amerigroup
Better Health
Blue Cross Blue Shield
Bright Health
CIGNA
Community Care Plan
DMERC (for diabetic shoes, braces and insoles)
Health Kids Wellcare
Humana
Medicaid
Medicare
MOLINA
Multiplan
Private Health Care Plan / PHCP
SIMPLY
SOLIS
Staywell
Sunshine
United Health Care
United Health Care OneNet Workers Compensation
Wellcare
Workers Compensation
Canadian Insurances with Prior Authorization

Please call us with any other information we are dedicated to your patient's health and want to help them get rid of their foot pain as soon as possible.

X-rays, Diagnostic Ultrasound and Circulation tests, Toenail fungus laser are available in the office.

We are DME Suppliers for diabetic shoes, braces and Insoles.

We Speak Romanian, Russian and Spanish.

Group NPI: 1992768741

Dr. Strimbu's NPI: 1346300183

UPIN: U90653



For Valentine's Day ... Chicken Saltimbocca for Two

Yield: 2 servings; Prep time: 20 mins.

This healthy chicken saltimbocca recipe makes an impressive yet quick, classy Valentine's Day dinner. Serve this Italian-inspired chicken with roasted broccoli rabe and creamy polenta to round out this elegant meal.

Ingredients

- 2 small boneless, skinless chicken breasts (5–6 ounces each)
- 1/4 teaspoon ground pepper
- 2 thin slices prosciutto
- 2–4 fresh sage leaves
- 1½ teaspoons all-purpose flour
- 1 tablespoon butter
- 2 tablespoons extra-virgin olive oil
- 3/4 cup dry Marsala wine

Directions

1. Put chicken breasts between pieces of plastic wrap and, using a rolling pin or the smooth side of a meat mallet, bash them to a thickness of about 1/4 inch, but don't bash so hard that they break up. Season with pepper. Wrap a slice of prosciutto around each chicken escalope, and put a sage leaf or two on top. Lightly dust the chicken on both sides with flour.
2. Heat butter and oil in a large skillet over medium heat. Cook the chicken until no longer pink in the middle, about 3 minutes per side. To check if it's done, stick the tip of a sharp knife into it — the juice that runs out should be clear with no trace of pink. Transfer the chicken to a warm platter and cover with foil.
3. Add Marsala to the pan and cook over high heat until thickened and reduced by about half, 3 to 4 minutes. Serve the sauce over the chicken.

Recipe courtesy of
www.eatingwell.com.



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**Free
Book**

The Truth About Heel Pain

A Guide To
Understanding
Its Causes
& Treatments



Reveals:

- The top 7 causes of heel pain
- The latest treatments to end heel pain
- What you can do to relieve the pain
- When to seek help from a podiatrist
- How to make heel pain a thing of the past

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Call (954) 455-9404 or
visit HallandaleBeachFootDoctor.com

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Before Slipping on Shoes, Slip in Orthotics

If a caring friend offers comfort and support when you need it most, then think of a pair of orthotics as your new BFF! Orthotics can be custom made to fit the contours of your unique feet, providing support in the areas you and you alone specifically need, and easing discomfort of foot pain stemming from a number of different conditions. From flat feet and high arches, to bunions, plantar fasciitis, and more, when you slip in orthotics before you slip on your shoes, get ready to feel better soon!

These devices can be designed to control abnormal motions like overpronation (functional), or simply to provide additional cushion and support (accommodative). They help to distribute weight more evenly as well, which eliminates too much stress on any one area. Best of all, they're not just for athletic shoes. Custom orthotics can even be made to fit dressy footwear, including high heels! Take that, store-bought, only-provide-comfort-and-that's-it inserts!

Simply put, orthotics can help you improve your biomechanics, reduce painful symptoms, correct structural issues, and just plain feel more comfortable and supported. Hey, what are friends for?

If you think you could benefit from custom orthotics and would like to introduce some to your favorite shoes, just ask our friendly staff for more information.