

## PODIATRISTS

Podiatrists treat the foot and lower leg. Those listed here were recommended in a survey of doctors and are fellows of the American Academy of Podiatric Sports Medicine.

**Lee Firestone**, downtown DC, 202-223-4616; Chevy Chase, 301-913-5225.

**Harold Glickman**, downtown DC, 202-833-9797.

**George D. Lane**, [REDACTED]

**Howard G. Osterman**, downtown DC, 202-331-9727; Silver Spring, 301-587-5666.

**Franklin Polun**, Potomac, 301-983-8202; Friendship Heights, 202-966-0900.

**Seth Rubenstein**, Reston; 703-391-0211.

**Steven Vetter**, Fairfax; 703-352-8888.

## PHYSICAL THERAPISTS

You don't need a referral to see a physical therapist in the District or Maryland. In Virginia, you can go to any physical therapist to be evaluated, but to be treated without a referral you can go only to a physical therapist who

New Year **New You**

## ZATIONS

Travel

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heria

- Meningococcal
- Typhoid
- Japanese Encephalitis
- Twinrix (Hepatitis A&B)
- Hepatitis A
- Hepatitis B

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- Rabies
- Gardasil (HPV)

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- Zostavax (Shingles)

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