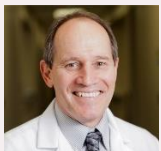


Falls can be a Real Pain in the Rear!!!!

Being at risk for falls is no fun. Many people who have balance issues understand how many problems this creates in their daily life. Normal activities of daily living become a circus act. The consequences of a fall can be devastating and life altering or even life ending injuries can occur. 20% of women who fracture a hip become permanently disabled. Another 20% of women who fracture a hip will die within a year. What can be done to prevent falling? Here are simple things you can do every day that can help you to improve your balance and decrease your fall risk:

- **Stand On One Leg.** Practice standing on one leg for extended periods of time. When you become good at it, try closing your eyes. This trains your muscles and your nerves to know where your body is in space. The more you practice, the easier this becomes.
- **Get Stronger.** People who are stronger rarely have problems with balance. Do squats, heel raises, walk in a squatting position, or practice getting up and down from a chair 20 times in a row. The stronger you get, the better your balance will be.
- **Get Quick.** Try standing up as quickly as you can from a seated position. This trains the muscles to react quickly.
- **Take Yoga Or Tai Chi.** Some evidence suggests there is a 50% fall risk reduction after a 15 month course of Tai Chi. Yoga has many exercises concentrate on balance and strengthening. This can also be modified to accommodate any strength or age group.
- **Eliminate Hazards.** Get rid of loose rugs in your house, or make sure they are stuck down so they don't move if you catch your foot on them. Slippery floors? Never a good idea. Get handicapped bars in the bathroom. Have assistive devices nearby when you get out of bed. Living rooms and kitchens are also high risk areas. Use furniture to balance.
- **Bracing.** There is substantial evidence that supportive devices can dramatically. We make some devices in our office that are very lightweight and can really add a lot of stability to your gait. This can be a life saver for those who have a history of falls.

So if you have balance problems give Next Step Foot & Ankle Clinic a call and we can help prevent the catastrophic consequences of a fall.



Darren J. Silvester, DPM

Next Step Foot & Ankle Clinic Podiatrist, Universal City Location

Mis-aligned Feet? Try HyProCure!!!



Aching joints and muscles? Take the first step and end foot, ankle, knee and back pain today!

Symptoms of Mis-aligned Feet

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- Bunions
- Hammertoes
- Plantar Fasciitis
- Growing Pains
- Shin Splints

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Darren J. Silvester, DPM



Answer:
A Yard Stick

Your Next Step For Healthy Feet: www.NextStepFoot.com



Donate to Project Mend!

Project Mend! needs durable medical equipment. Please donate your canes, crutches, and cam walkers. Also new adult diapers of any size are needed. Drop off your donations to any Next Step location until Sept 15, 2017.

Fall Fun!



The Moore Balance Brace is the first balance Ankle Foot Orthotic (AFO) designed by a physician for those at risk for falls. Easy to put on, light weight and designed to maximize balance.



Easy to Reach and Pull Velcro Straps

Lightweight, Durable Polyester Cloth Covering

Custom Ankle Stabilization, Providing Maximum Somatosensory Feedback

Polypropylene Shell Providing Lightweight, Stable Support Around the Foot and Ankle

Plastizote Interface Providing Comfortable Shock Absorption to the Heel, Plantar Surface & Tongue

Heel Stabilizing Post Maximizing Balance & Stability

Custom Orthosis Provides Arch Support and Midfoot Stability while allowing the Forefoot & Toes to be Anchored for Increased Balance

Low Profile & Open Dorsal Design Allows For Easy Shoe Fitting & Increased Compliance

How the MBB can Prevent YOU from Falling:

- Improves balance and prevents falls by reducing the body's postural sway
 - Stabilizes the foot and ankle when weakness and fatigue exists
 - Stimulates skin receptors proving feedback to the brain
 - Improves foot clearance reducing the risk of tripping
 - Can help reduce the risk of falling by 30-60%

Call today to schedule your Fall Risk Assessment



Has Next Step Foot & Ankle Clinic Helped You Overcome Your Pain? Share Your Experience With Future Patients Online at: www.NextStepFoot.com

Happy Labor Day!
From The Team at
Next Step Foot &
Ankle Clinic

HAPPY LABOR DAY



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