



## Are Flat Feet Slowing You Down?

For people who have flat feet--life can be miserable. Just getting to the store and back becomes a task that causes pain and discomfort. Going for a walk can be a practice in endurance of pain. Participation in sports is usually out or severely limited because they simply can't keep up. That is not all. Over time this condition can cause knee, hip, back pain and early arthritis.

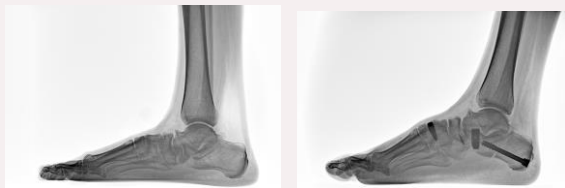
### What about arch supports or orthotics for flat feet?

Conservative care consisting of arch supports and orthotics can be helpful. The big problem with these devices is that most people don't wear shoes all the time. The minute the person steps out of the arch support or orthotic, flat foot returns. Frequently, even with arch supports in their shoes, the foot position really does not change that much. We did an experiment in our office. We dispensed arch supports for people with flat feet. We then took x-rays of the person with and without supports. There was really very little change in the foot position. This is even true with many custom-made orthotics.

### What about surgery?

Surgery for flat feet should be considered carefully. The severity of the deformity, what type of flat foot the person has, how the flat foot is impacting the person's life, and the goals of the patient all need to be considered. When the right procedure is picked for the right patient then the procedure is one of the most rewarding and life changing surgeries that can be performed on a foot. I have seen people's lives change when their feet are functioning normally. The surgery selection can range from a minimally invasive surgery with return to shoes in as little as two weeks to more extensive surgery that mandates no weight on the foot for 4-6 weeks. This truly aligns the foot to the leg and the whole body works better.

Here are some x rays of before and after flat foot surgery for a young woman who was very active and recently developed severely limiting pain in the feet. She illustrates many good points of flat foot management. She was OK for years using some type of support. She later started having pain as she got older and this adversely affected her quality of life. She had a severe deformity, so multiple procedures all done at the same time were needed to put her foot back under her leg. Now she is looking forward to spending the rest of her life with much less pain not only in her feet but knees and hips as well.



Before

After

Next Step Foot & Ankle Clinic, is one of 20 clinics nationwide designated as a HyProCure Center of Excellence. This reflects superior quality of care, physical education, and experience related to this treatment for flat feet. Schedule your comprehensive flat foot exam today.



**Darren J Silvester, DPM**

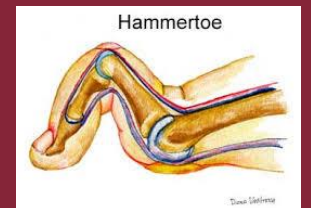
Next Step Foot & Ankle Clinic Podiatrist

## Three Common Foot Deformities



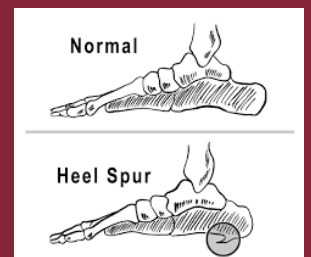
Bunion

### Bunion



Hammertoe

### Hammertoe



Normal

Heel Spur

### Heel Spurs

### A Better Way to Treat Neuropathy



DARREN J. SILVESTER, DPM

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April is National Foot Health  
Awareness Month

Check for:

- Changes in Foot Shape
- Spots on Foot

Your Next Step For Healthy Feet: [www.NextStepFoot.com](http://www.NextStepFoot.com)



Flat feet can often be a hereditary problem that causes lifelong pain. At Next Step Foot & Ankle Clinic we can help children and teens with their flat feet.



## Save the Date – Come & Go Vionic Shoe Trunk Show!

2017 Summer Shoe Preview  
For Men & Women's Shoes

**Pleasanton – May 2, 2017**

**Universal City – May 8, 2017**

9 am to 4pm

Drawings will be held at each location  
trunk show for a couple pairs of

**FREE Vionic Sandals!**

*Just in time for Mother's Day*

## Next Step Foot & Ankle Clinic Family Outing Port Aransas, TX



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