

Next Step Foot & Ankle CLINIC

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In this issue: Chronic Ankle Instability, Love Your Boot!
Blog Post Updates and more.



February 2017

Chronic Ankle Instability!

An ankle sprain is a sudden twisting injury of the ankle that causes the ligaments that support the ankle to be stretched out, partially or completely torn. Ligaments are anatomical structures that connect bones to bones. An ankle ligament can also detach from the bone it inserts on and cause dislocation of the joint it is responsible for stabilizing, as a result of an ankle sprain. If someone has a history of chronic ankle sprains, he or she may have ankle instability and laxity or even tearing of the ligaments that surround the ankle joint.



Once ankle ligaments become stretched or torn from an injury, they sometimes are no longer able to keep the ankle in an optimal alignment when putting weight on the foot and therefore the ankle will begin to be very unstable and can cause severe pain, damage to the cartilage of the ankle joint that can lead to arthritis, malalignment of the ankle joint, and a tendency for the person to twist and roll his or her ankle more and more, mostly when walking or running on uneven surfaces.

Typically we see these patients with synovitis of the ankle joint also known as inflammation of the ankle as well as partially torn, thickened or even absent ankle ligaments. At Next Step Foot and Ankle Clinic we are able to provide tremendous relief of chronic ankle pain and instability by performing minimally invasive arthroscopic surgery of the ankle joint to clean up the joint of all inflammatory tissue, loose bone fragments, and repair and augment the damaged ligaments and often times we re-create these ligaments with special non-absorbable suture and bone anchors. This is a day surgery usually done through 3 small, 1 cm skin incisions and the patient is able to go home shortly after the surgery. Usually people report significant improvement in their symptoms, and within a short period of time are able to get back to running, marching, hiking, and walking without pain or instability.

If you or someone you know has ankle instability, don't delay any longer. Get help now by calling Next Step Foot & Ankle Clinic.



Elaine Danial, DPM

Next Step Foot & Ankle Clinic Podiatrist, Pleasanton Location

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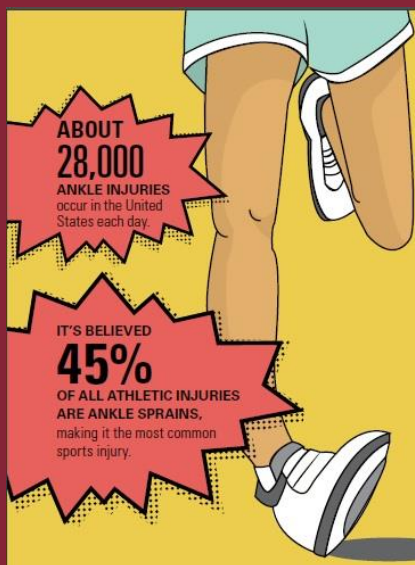
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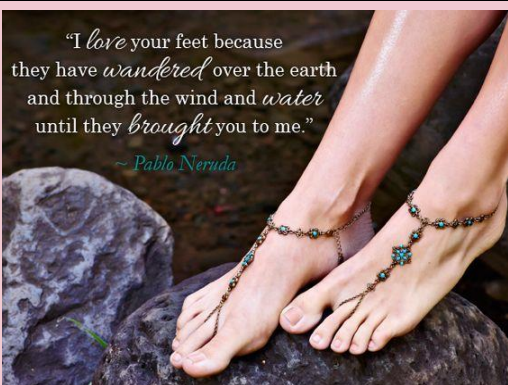
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Your Next Step For Healthy Feet: www.NextStepFoot.com



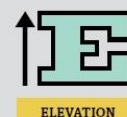
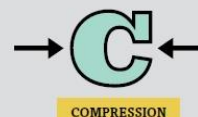
- After an ankle is sprained, it has a greater chance of becoming sprained again.
- Repeated ankle sprain put an individual at risk for ankle osteoarthritis.
- Field hockey has the highest rate of ankle injuries and sprains, followed by volleyball, football, basketball, cheerleading, ice hockey, lacrosse, soccer, rugby, track and field, gymnastics, and softball.



Happy Valentine's Day!

From the Team at
Next Step Foot & Ankle Clinic

TREATMENT OPTIONS



Not all ankle sprains are alike, so be sure to consult a health care provider, such as an athletic trainer or physician, for an individualized treatment plan.

Don't Ignore Your Child's Foot Pain.

Address Pain Early.

At Next Step Foot & Ankle Clinic, we treat painful foot conditions in infants, children, teens, and adults.

My baby wanted designer shoes so I got her some Michael Kores



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