

Next Step Foot & Ankle CLINIC

Darren J. Silvester, DPM

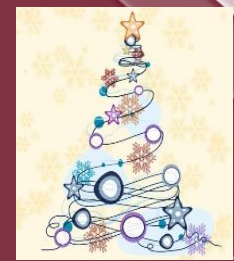
Elaine Danial, DPM

In this issue: Flat Feet, Christmas Fun

Blog Post Updates and more.



Dr. Danial & Dr. Silvester



December 2016

Do You Have Flat Feet?

Flat foot, medically known as “*pes planus*”, is defined as a flattened arch or instep of one’s foot, so that part, most or the entire sole of the foot contacts the weight bearing surface when standing or walking. This condition can be present at birth or acquired later in life. Often, people inherit flat feet with someone in their family also having flat feet. Most babies are born with flat feet and their arches are not well-developed until around age 6. If children’s flat arches persist, the child may develop pain to the arch and other areas of the foot and ankle that can interfere with your child’s daily activities, sports activities, and overall energy level.



Flat feet can worsen with age and can be flexible or stiff and rigid. Sometimes a flat foot can be caused by a tarsal condition also known as an abnormal bridging of tissue such as bone, cartilage or fibrous tissue that connects two normally separate bones of the foot. Flat foot is also sometimes seen in people who had a club foot deformity as a child that was not ever treated and in people with certain medical conditions including but not limited to Down syndrome, Ehler’s-Danlos syndrome, Marfan syndrome, and Diabetic Charcot deformity. Trauma and arthritis of the foot can also contribute to development of a low arch.

Flat feet are usually diagnosed in late childhood to early adulthood. The diagnosis is a clinical one and degree of severity of the deformity is easily evaluated with x-rays of the foot and measuring different angles between certain bones of each foot. Sometimes, advanced imaging such as MRI and CT scans are ordered to assess for tendon injury, coalitions, and arthritis.

Treatment for flat foot is broad with many different conservative therapies available including but not limited to pre-fabricated and custom arch supports, shoe modifications, medication therapy, stretching exercises, steroid injections, bracing and immobilization of painful tendons and joints, and finally surgical management. Surgical therapies are also broad and vary based on patient’s symptoms and severity of the flat foot. Major flat foot reconstruction can sometimes include making bone cuts and shifting bones into better alignment, sometimes bone grafting is used along with these bone cuts, tendon lengthening procedures, and fusion of certain joints is also commonly performed. In flexible flat foot, sometimes a small implant can be inserted into the sinus tarsi of the hindfoot and can help limit severe collapsing and hyper-pronation of the arch. This implant is called a subtalar arthroeresis.

If you or one of your loved ones suffers from a painful flat foot, please know that this pain is not normal and should be medically evaluated. At Next Step Foot and Ankle Clinic, we manage flat foot on a daily basis as it is a common problem for many youngsters and adults alike. We offer a wide variety of conservative and surgical treatment options for our patients. Don’t live with pain, get relief now!



Elaine Danial, DPM, ACFAS

Next Step Foot & Ankle Clinic Podiatrist, Pleasanton Location

Patient Testimonial

“In this season of Thanksgiving, I wanted to take the time to express my heart felt appreciation for the treatment and care I received from this office this year. My entire life has changed since my successful surgery this year. For the first time in so many years, I can wear “real” shoes” instead of sandals all year round. Can dress up like a lady in dressy shoes and can even wear all my beautiful boots!!!”

“Since I can now walk straight, instead of leaning to the right all the time, I have been able to do “power walks” again and have lost 20 pounds. I can go barefoot, I can walk downstairs the right way instead of going down sideways. !! No more chiropractors or massage therapists, or acupuncture! I feel so blessed and thankful to have my health challenge gone.”

“Wishing you and yours, a very Happy Thanksgiving. !!!”

D.F., La Vernia, TX

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Neuropathy**



DARREN J. SILVESTER, DPM

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Dr. Danial & Dr. Silvester Accept Most Major Commercial Insurances

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Dr. Silvester in Universal City

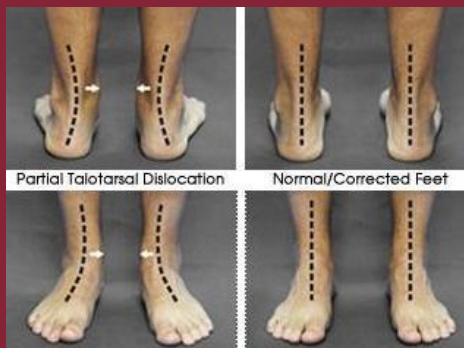
We celebrate with Dr. Silvester on starting his new clinic in Universal City. As of January 1, 2017, Dr. Silvester will only be seeing patients in Universal City. We will miss him in our Pleasanton location and wish him the best at Universal City.



Congratulation to Araceli, our Medical Assistant, who tied the knot on Nov. 11!

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.



Benefits of HyProCure®

- Small Incision
- No bones or tendons cut
- No screws or plates
- Faster healing
- Perfect for children, teens or adults

HyProCure Procedure for Flat Feet

If you have pain from fallen arches or flat feet, HyProCure could be your best chance to eliminate the pain without requiring an invasive traditional surgery.

The HyProCure process is a minimally invasive procedure that requires a small incision. A stent is positioned in the soft tissue in the naturally occurring space between the heel and ankle, which means no bones or tendons need to be cut or fused, and no screws or plates are required for healing. This allows for much quicker recovery times. Most people are rid of crutches in 3-5 days, experience significant improvement in walking ability after 10 days, and can resume most activities after just 4-6 weeks with only minimal soreness.

Is flat foot pain hurting your daily routine?

Next Step Foot & Ankle Clinic can treat your pain and help you get back to enjoying your life. It's a simple fact: you do not have to live with foot pain.

Call today to schedule your appointment
Toll-free at 855.972.9512



Seasons Greetings

From The Team at
Next Step Foot &
Ankle Clinic



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