

Next Step Foot & Ankle CLINIC

Darren J. Silvester, DPM, PA

Elaine Danial, DPM

In this issue: Chronic Heel Pain, Thanksgiving Fun,
Blog Post Updates and more.



Meet the Doctors: Dr. Silvester and Dr. Danial

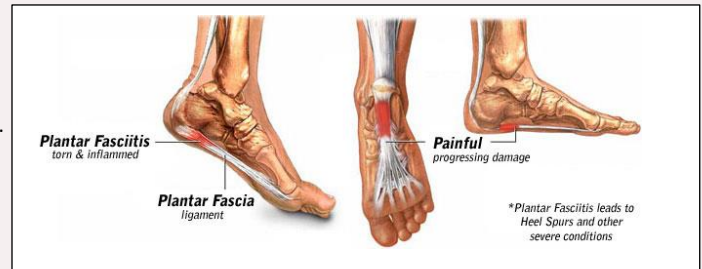
November 2016

Chronic Heel Pain

Chronic heel pain is defined as pain that has been present for 3 months or longer or has been recurrent over a period of time. We are seeing this much more commonly in our office. People are busier and have less time to come to the doctor so often by the time they show up they have had heel pain for several months. Heel pain is one of the most common complaints seen in the foot doctor's office. Usually the ligament (called the plantar fascia) and/or the nerve is the cause of the pain. It is critical to sort this out for appropriate treatment. First let's talk about the ligament.

Is the ligament inflamed or degenerated?

Almost all recent medical literature agrees that after a few months heel pain is NOT inflammatory -- It is degenerative. What this means is that the tissue inside the ligament is actually breaking down, rupturing, becoming weak, and unable to heal itself. That's why this condition sometimes lasts for several months and can last significantly longer. It is not unusual to see patients who have had pain for at least a year. The term "plantar fasciitis" implies that this condition is inflammatory. A more correct term would be "plantar fasciosis" which implies a degenerative process. It is ironic that the usual treatments for this condition are anti-inflammatory! Injections of cortisone, non-steroidal anti-inflammatory medications, and ice are all trying to address inflammation. This may only be effective for a short time or not work at all because the primary problem is degeneration of the tissue not inflammation.



What causes the ligament to become degenerated?

Several factors contribute to plantar fascia ligament pain. They are 1: A tight Achilles tendon, 2: High body mass index, 3: Prolonged standing, 4: Increased age (40-60 most common age group) 5: Hard surface when standing. 6. Non supportive or hard shoes and 7. Repetitive micro-trauma (walking or running) all play a role.

How is the diagnosis made?

Careful history and exam are important to the diagnosis but NOT CONCLUSIVE. I have found the single most important tool in diagnosing plantar fascia disease is diagnostic ultrasound. This can not only make the diagnosis but also grade the severity of the disease.

Nerve Related Heel Pain

It is quite common in chronic heel pain to have nerve involvement. Clues to nerve related pain are painful throbs when you sit down and get off the heel, burning or electrical pain, pain that extends up the inside of the ankle or radiates down into the foot. A careful exam can sort this out. The prognosis for success with conservative care in patients with chronic nerve related heel pain is less optimistic than those with isolated plantar fascia pain. The nerves just get pinched and this causes pain that sometimes just won't quit until the pinch is resolved. Injections can be helpful in treating and diagnosing the problem. Surgery can get the pressure off the nerves and provide great relief in most patients.

What we can do for you and your chronic, severe heel pain:

50 years of dogma that has dictated that exhaustive conservative care must be used prior to more aggressive interventions has left many patients unnecessarily suffering for months and even years on end. More severe grades and stages of chronic heel pain simply do not usually respond to treatments that are effective for less severe heel pain. We now have minimally invasive techniques with almost non-existent complication rates that can address the problem and solve the pain quickly and in most cases permanently. These treatments range from the use of EPAT Therapy, injections with amnion derived compounds that stimulate healing and minimally invasive surgery or combinations of the above.

So if you have had heel pain for 3 months or more and are tired of using ineffective treatments give us a call. Relief can be obtained quickly in most cases. We have the technology and experience to provide you with a clear diagnosis and treatment plan that works for you.

Yours in Good Health,
Darren J. Silvester, DPM

A Better Way to Treat Neuropathy



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13525 Centerbrook, Suite 104, Universal City, TX 78148 Phone: 210.375.3318 Fax: 210.257.6931

409 N. Bryant St. Pleasanton, Texas 78064 Phone: 830.569.3338 Fax 830.569.6833

Darren J. Silvester, DPM, PA
Elaine Danial, DPM

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



Growing at Next Step Foot & Ankle Clinic

We are so excited to have Dr. Danial on board at our Pleasanton location! We are growing so fast! Dr. Silvester will have limited availability at our Pleasanton location. Beginning November 2016—he will only be at our Pleasanton location on Fridays.



Benefits of EPAT Therapy

- Non-invasive
- No anesthesia required
- No side effects
- No incision
- No risk of infection
- No hospital stay
- Faster healing

EPAT Therapy Treatment for Chronic Heel Pain

This treatment is the most advanced and highly effective non-invasive treatment method cleared by the FDA for chronic heel pain associated with Achilles Tendonitis, Heel Spurs, or Plantar Fasciitis.

This technology is based on a unique set of pressure waves that stimulate metabolism, enhance blood circulation and accelerate the healing process. Damaged tissue gradually regenerates and eventually heals.

Low frequency sound waves, also known as shock waves, are aimed at the injured area through a hand held applicator. The shock waves penetrate deeply into the soft tissues, stimulating blood flow, accelerating the body's natural healing process. Generally six treatments are needed lasting about 15 minutes each.



New! AmnioFix Injectable Treatment for Chronic Heel Pain!

AmnioFix is a micronized dehydrated human amnion/chorion membrane allograft (skin substitute) product. ***When injected, the growth factors will help your own cells regenerate the damaged tissues, reduce scar tissue formation, and control inflammation.***

This treatment is different from corticosteroid injections. Steroid injections are simply used to mask the pain and patients typically reach their limit of injections quickly.

Is heel 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 heel pain.

Call today to schedule your appointment
Toll-free at 855.972.9512



Don't Ignore Your Child's Heel Pain. Address Pain Early.

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



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