

# Next Step Foot & Ankle CLINIC



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In this issue: Hammertoes, Free Book,  
Blog Post Updates and more.



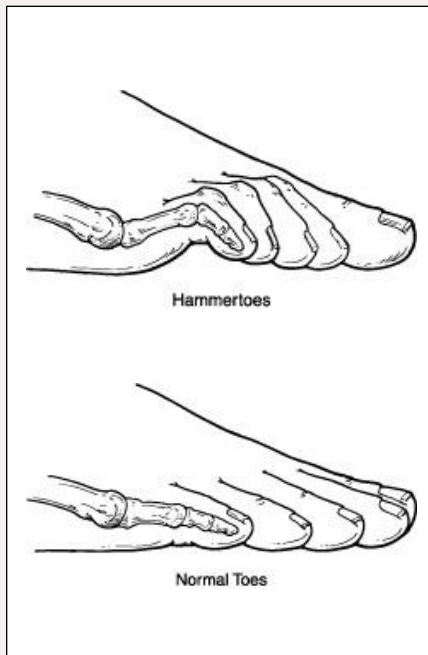
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## Hammertoes: New technique for a quick and easy fix!

Hammertoe deformities occur from a muscle and ligament imbalance around the toe joint which causes the middle joint of the toe to bend and become stuck in this position. A hammertoe can occur in any toe. This deformity is a progressive condition that can make walking and wearing many kinds of shoes uncomfortable. The most common complaint we hear with a hammertoe is rubbing and irritation on top of the toe.

This abnormal bending of the toes may cause pressure points and pain in three areas:

1. The tip of the toe where the toe hits the ground. Too much pressure on this area may cause ugly toenails, calluses or even ulcers.
2. The interphalangeal joint on the top of the toe. Shoes may rub on this area causing calluses, pain and look ugly.
3. The bottom of the foot near the toe where the joint pushes down.



Traditionally, hammertoe surgery to correct these unsightly and sometimes painful deformities involved surgery with pins, or hardware inserted into the toe along with bone removal. Depending on the severity of the deformity these are still sometimes necessary. But, thanks to a new technique, we can fix the vast majority of these deformities with just a needle. Literally in 3 days patients are usually back in shoes doing what they want. This new procedure is more like getting a shot than having a surgery and works 90% of the time--so more invasive aggressive surgery may be avoided.

If your hammertoe is painfully stuck in a bent position and rubs against your normal footwear, it may make it unpleasant to continue with normal activities. Schedule your appointment today with the Next Step Foot & Ankle Clinic. You can reach the Pleasanton office at 830.569.3338 or the Universal City office at 210.375.3318.



**Olympia Surgery Center**

Next Step Foot & Ankle Clinic is proud to announce partnership between Next Step Foot & Ankle Clinic and Olympia Surgery Center.

Olympia Surgery Center is an Ambulatory Surgical Center. What that means to you is that you have a CHOICE where you have your outpatient foot and ankle surgery.

Olympia Surgery Center offers uncompromising care for your outpatient foot and ankle surgery, the latest foot and ankle surgical techniques in a comfortable healing environment that doesn't break the bank.

For inquiries regarding your foot and ankle surgery, please contact Laura, our Surgery Coordinator at 830.569.3338.

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### Awesome Low-Fat Blueberry Bran Muffins

It's a tasty  
winning  
recipe!



#### Ingredients:

- 1 1/2 cups bran cereal
- 1 cup milk - skim/nonfat
- 1/2 cup unsweetened applesauce
- 1 egg
- 2/3 cup brown sugar
- 1/2 tsp vanilla extract
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 1/2 cups blueberries

#### Directions:

1. Pre-heat oven to 375 degrees F. Grease muffin cups or use paper muffin liners.
2. Mix together bran cereal and milk. Let stand for 20 minutes. Beat mixture to break up softened bran.
3. In a large bowl, mix together applesauce, egg, brown sugar and vanilla. Beat in bran mixture.
4. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, salt, cinnamon and nutmeg. Stir into bran mixture until just blended.
5. Fold in blueberries.
6. Scoop batter into muffin cups.
7. Bake in preheated oven for 15 to 20 minutes or until tops spring back when lightly tapped.

#### Nutrition:

Recipe makes 12 servings  
Each serving counts as 1 fruit

from the kitchen of  
Playnormous

Recipe created by RecipeBox 2011 winner Megan A. "Binky" of Redmond, OR



## Foot Care for People with Diabetes

CHANGINGlife  
WITHDIABETES

People with diabetes have to take special care of their feet. You should have a comprehensive foot exam every year. This page shows some more things you can do to keep your feet healthy.



**1 Wash your feet** in warm water every day.



**4 Inspect your feet every day** for cuts, bruises, blisters, or swelling. Tell your doctor right away if you find something wrong.



**7 Keep your feet warm and dry.** Always wear shoes that fit well.



**2 Dry your feet well,** especially between the toes.



**5 Ask your diabetes care team** how you should care for your toenails.



**8 Never walk barefoot** indoors or outdoors.



**3 Keep the skin soft** with a moisturizing lotion, but do not apply it between the toes.



**6 Wear clean, soft socks** that fit you.



**9 Examine your shoes every day** for cracks, pebbles, nails, or anything that could hurt your feet.

**Take good care of your feet – and use them. A brisk walk every day is good for you.**

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