



Darren J. Silvester, DPM, PA

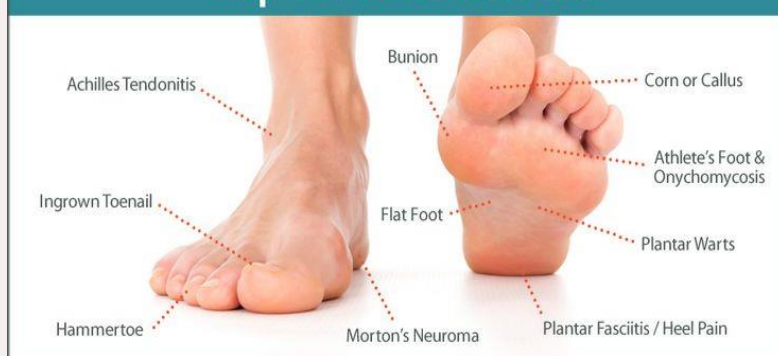
In this issue: Most Common Foot Problems  
Free Book, Blog Post Updates and more.



April 2016

Thank you for looking at this newsletter. I know your time is valuable. I suspect you are reading this because either you have a foot problem or you know someone who does. You are probably looking for answers regarding your condition. Since it is National Foot Health Awareness Month I thought I would run down the **Most Common Foot Problems** and explain why you should get help now at the Next Step Foot & Ankle Clinic.

## Top 10 Foot Problems



**Ingrown Nails:** We use five proven techniques to make the numbing injection nearly painless, so you don't need to be afraid of the injection. Most of our patients have no pain at all with this procedure. Our procedure is a single appointment with a very rare recurrence rate.

**Nail fungus:** Prescription Lamisil, by itself, is only successful about 60% of the time. Our comprehensive fungus package includes five solutions that, when combined, have an 85-90% success rate.

**Bunions:** 3 main surgery types for each particular bunion. Choosing the right procedure can be the difference between a long term successful outcome or a recurrence.

**Heel pain (Achilles and Plantar Fascia):** Innovative technologies like MLS laser, Cryo-surgery, and Shockwave therapy treatments are not only treating the pain but healing the tissues with virtually no down time.

**Neuromas:** Nerve decompression under magnification makes much more sense than nerve removal. Heal the nerve rather than destroy it. Every nerve that is removed leaves a stump and that stump grows another neuroma 100% of the time.

**Hammertoes:** Some hammertoes can be fixed with a needle. That's right, no incision, just a needle stick. Go back to normal activities in a couple of days. Others need more invasive repair.

**Neuropathy:** We use 5 methods to treat Neuropathy: supplements, electrical signal therapy, laser therapy, physical therapy, and surgery when needed. With this comprehensive approach your likelihood of success is much greater.

**Flat feet:** Flat feet can be miserable and frustrating. Most people have used arch supports with limited benefit. Whether pediatric or adult we use many conservative modalities to stabilize and surgical methods to repair flat feet. As part of our commitment to flat feet repair we have become a "**HyProCure Center of Excellence**" (one of only two in Texas). We also use many other surgical techniques to repair flat feet.

What this all means to you is a place to get solutions to your problems. We provide our patients the best in foot and ankle care. For much more detail about each of these conditions check out our website.

**[www.NextStepFoot.com](http://www.NextStepFoot.com)**

### A Better Way to Treat Neuropathy



Have you requested our FREE Book  
"**A Better Way to Treat Neuropathy**"?  
[Click Here](#)

### Recent Blog Articles

[Choosing the Best Walking Shoes](#)

[Tips for Improving Your Balance](#)

[Unsteady Gait Exercises](#)

Check out our BLOG on

[www.NextStepFoot.com](http://www.NextStepFoot.com)

**[www.NextStepFoot.com](http://www.NextStepFoot.com)**

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**Your Next Step For Healthy Feet**

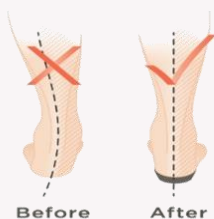
**Call 210.375.3318**



## VIONIC®

**WALK. MOVE. LIVE.™**

Available at all Next Step Foot & Ankle Clinic Locations

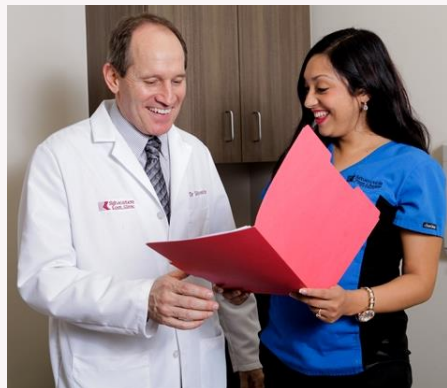


### Supports

**NATURAL ALIGNMENT**

Our innovative Orthaheel® orthotic technology helps align the feet from the ground up.

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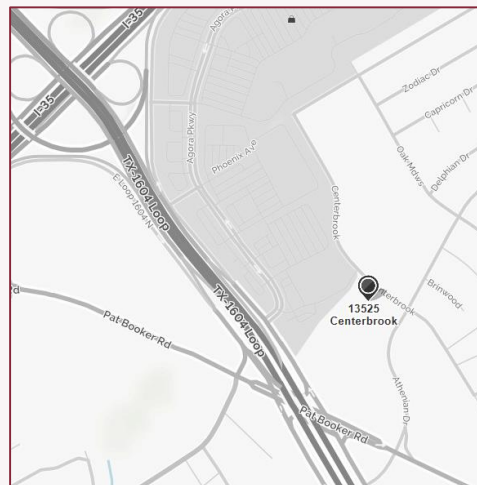


## Save the Date!

**Saturday, April 23, 2016**

**10 am to 2 pm**

**Community Open House  
at Next Step Foot & Ankle Clinic  
210.375.3318 / 210.257.6931 fax**



**13525 Centerbrook, Suite 104  
Universal City, TX 78148**

- Educational & Fun
- Local Entertainment
- Snacks & Refreshments
- Tour the New Facility



Upstairs neighbors favorite shoes

The average person takes 8,000 to 10,000 steps per day, which adds up to 115,000 miles over a lifetime. That's enough to go around the circumference of the earth four times!

**Where will your  
Feet take You?**