

Next Step Foot & Ankle CLINIC



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In this issue: HYPROCURE: The Solution for Flat Feet, Christmas, Quell: Wearable Pain Relief Technology, Free Book, Blog Post Updates and more.

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CASE OF THE MONTH: IMAGINE WALKING WITHOUT PAIN CAUSED BY FLAT FEET

The Problem:

Flat feet limit a person's ability to walk far. Trips to places like Sea World or Fiesta Texas can be miserable. In many cases, the ankle joint "slipped" a bit out of place relative to the heel bone. It doesn't take much of a slip before you may start noticing big problems, and can throw your entire body out of balance, causing not only foot pain but discomfort throughout your body, including knees, hips, and back.

What is HyProCure?

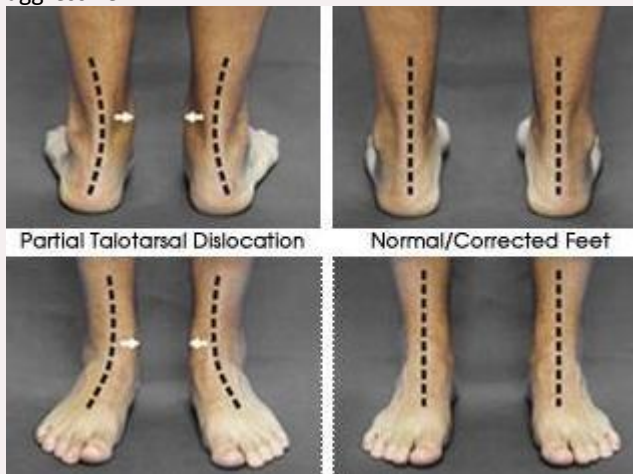
The HyProCure procedure is an FDA cleared, proven solution for Flat Feet. It realigns your ankle with your heel bones with a small titanium stent. Once in place, your weight is rebalanced into a healthy configuration, decreasing pressure on sensitive joints and putting very little pressure on the stent itself. You will also find improved range of motion in your ankle, and may even notice your arch return to a more normal shape. In just a few weeks, patients can walk normally, and tendons, ligaments and bones adapt to your correct ankle position.



Image 6-A above shows a flat foot prior to treatment. Image 6-B shows the foot after HyProCure procedure, and more traditional flat foot surgery in image 6-C. Traditional surgery can be difficult and result in long recoveries. It often requires bone cuts, screws, plates and bone grafts. Recovery can take six to eight weeks.

Who Can Benefit?

This procedure is great for patients who have flat feet. Typically, arch supports or orthotics have not helped or are ineffective and traditional more invasive surgery is too aggressive.



The Results:

Before HyProCure



After HyProCure



The simple fact of the matter is there is hope, you can have relief. HyProCure is not successful in everyone but in many patients it is a simple way to end pain. Schedule your appointment today to bring relief to your feet.

Call (830) 569-3338.

A Better Way to Treat Neuropathy



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

Recent Blog Articles

[Discover Your Arch Type with this Quick Test](#)

[What Causes Flat Feet Later in Life?](#)

[Kids with Flat Feet](#)

Check out our BLOG on

www.SilvesterFootClinic.com

Your Next Step for Healthy Feet! Call today (830)569-3338

Ask the Foot Docs

WHAT ABOUT FLAT FEET?

APMA
American Podiatric Medical Association



Flat feet can often be a hereditary problem that causes lifelong pain. Dr. Silvester and the Next Step Team have helped children and teens with their flat feet with orthotics and / or surgery.

[Click to Learn More](#)

NEW! Quell

Wearable Pain Management Technology

Quell is new wearable technology that provides 100% drug free, widespread relief from chronic pain. Try risk-free with Quell's 60-day money back guarantee.

[Click to Learn More](#)

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Chipotle Salsa Steak

Serves 4

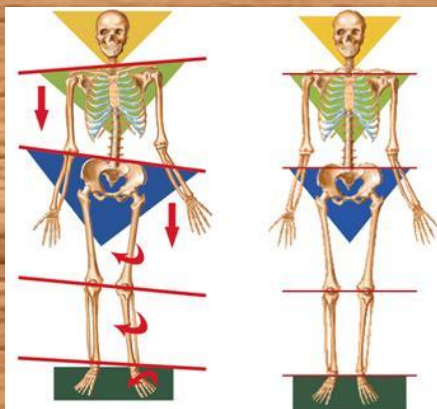
- 1 Beef top round steak, cut 3/4 to 1 inch thick (1lb)
- 1-1/2 cups prepared chipotle salsa
- 2 medium limes, peel grated, juiced
- 1/2 teaspoon ground cumin
- 3 tablespoons chopped fresh cilantro
- whole wheat flour tortilla shells (optional)

Make it

1. Combine salsa, lime peel and juice, and cumin in small bowl
2. Place beef steak in food-safe plastic bag. Pour 3/4 salsa marinade over steak; turn steak to coat. Marinate for 6 hours in refrigerator or over night. Save remaining marinade in refrigerator for sauce
3. Remove steak from marinade and throw marinade away. Grill steak over medium heat for 8-9 minutes (16-18 minutes for 1 inch thick) for medium rare
4. While cooking, combine 3 tablespoons of cilantro with marinade that you saved
5. Cut steak into thin slices. Serve with sauce and tortilla shells

Source: BeefitsWhatsForDinner.com

calories 190 , fat 5g , sodium 698 mg, carbs 7g, fiber 2.7g, protein 27g



Imbalance in the feet leads to stress and misalignments in the feet, knees and hips and spine. Foot Orthotics align the body reducing stress and strain on your nervous system and joints.



We hope each of you had a very Merry Christmas & Happy New Year!

From the elves at
Next Step Foot & Ankle Clinic

