



## CASE OF THE MONTH: CRYOSURGERY FOR CHRONIC HEEL PAIN

### The Problem:

One year ago, I saw a female patient about 50 years old with heel pain. The pain increased over three years and prevented her from enjoying an active lifestyle with her grandchildren.

### Temporary Solutions:

This patient tried multiple solutions including arch supports, night splints, steroid injections, nonsteroidal anti-inflammatory drugs, ice, and massage. She also did home physical therapy including stretching and strengthening exercises. She even spent \$1200.00 dollars at a retail "orthotic" store that promised pain relief.

All this helped somewhat, but she is very active and continued to have pain which affected her lifestyle. Her heel pain would recur after being on her feet for long periods.

### The Solution:

After examining her, I determined she had Chronic Plantar Fasciitis. I discussed treatment options and she opted to undergo a minimally invasive procedure called Cryosurgery.

### What is Cryosurgery?

Cryosurgery is performed with a probe about the size of a needle. The needle is inserted into the foot and a cold ice ball is generated on the end of the probe that freezes the nerves that enervate the painful heel. This minimally invasive procedure typically takes 15 – 30 minutes.



### The Results:

I received a Christmas card this year from the patient stating she is free from heel pain for one year now. For the first time in several years she has been able to fully pursue activities with her grandchildren, spend time on her feet, and go to the mall shopping without worrying about her feet stopping her.

The simple fact of the matter is that you don't have to suffer with heel pain. There is hope, you can have relief. Cryosurgery is not successful in everyone but in many patients it is a simple way to end chronic heel pain. Schedule your appointment today to bring relief to your feet. Call (830) 569-3338.



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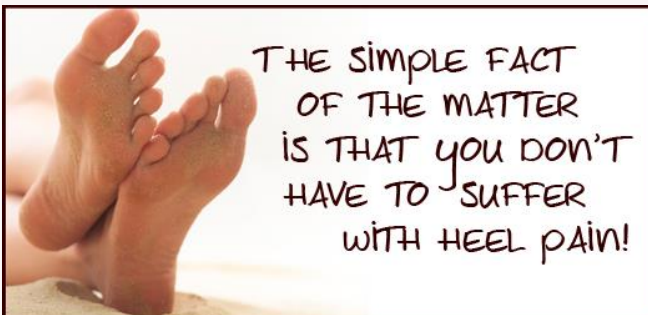
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### TRAVEL TIP - PACK ONLY THREE PAIRS OF SHOES

*- A Reference Guide -*

#### BUSINESS TRIP



#### WEDDING WEEKEND



#### COLD WEATHER VACATION



#### WARM WEATHER VACATION



#### HOME FOR THE HOLIDAYS



## Chicken Soft Tacos

### Makes 6 Servings

- 1-1.5lbs frozen, boneless, skinless chicken breasts
- 14.5oz can low-sodium diced tomatoes with green chilies
- 1 envelope low-sodium taco seasoning

### Make it

1. Place chicken breasts in slow cooker
2. Mix tomatoes and taco seasoning. Pour over chicken
3. Cook on high 4-6 hours.
4. Serve in soft tortillas

\* top with salsa, low fat cheddar cheese, fresh tomatoes, grilled bell peppers and onions

Our favorite...we us it in omelets, quesadillas, on nachos, etc

*Fix-It and Forget-It Lightly: Phyllis Pellman Good*



cal: 100 g  
Fat: 2.5 g  
Carbs: 2 g  
Sodium: 300 mg  
Protein: 18g



### Next Step Foot and Ankle Universal City

We are checking our list and our renovation is almost complete.

Now scheduling appointments for January 2016  
Call 830.569.3338