

Next Step Footnotes

Next Step Foot & Ankle Clinic's Monthly Patient Newsletter



What You'll Find Inside:

- **WE'RE ON A MISSION**

this month our team focus is on showing appreciation for our patients

- **CONDITION FOCUS: BUNIONS**



what a podiatrist wants you to know about those bumps on the side of your feet

- **CONDITION FOCUS: HAMMERTOES**

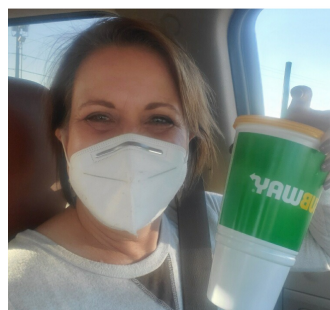
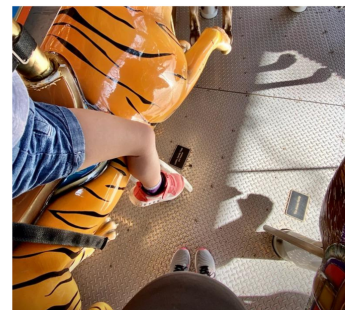
learn the source of, effects of, and treatments offered for hammertoes

- **THE NEXT STEP DIFFERENCE**

what makes our podiatrists and clinics so different, explained by patients

connect with us on  

Where will your feet take you?



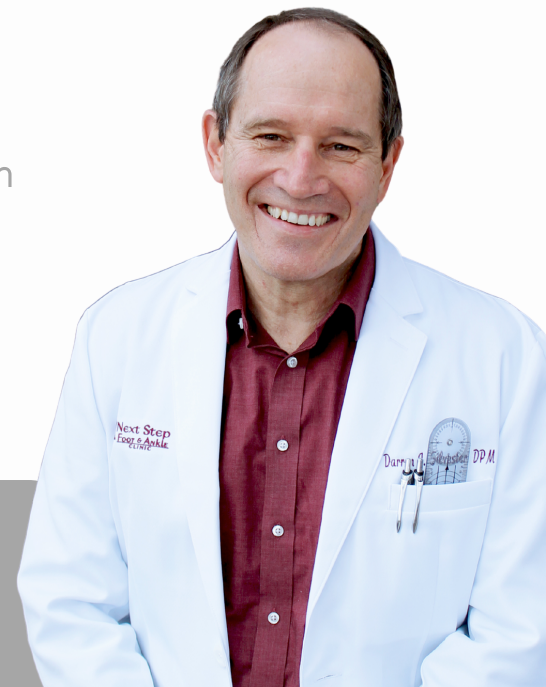


WE'RE ON A MISSION

APPRECIATION

We appreciate every opportunity given to us to help our patients achieve the healthy and productive lifestyle they deserve. We value each patient and their trust in us to care for their foot and ankle needs.

- H** - Happy Environment
- E** - Excellence in Foot & Ankle Care
- A** - Appreciation
- R** - Restoration of Foot & Ankle Function
- T** - Teaching Mentality



Dr. Darren Silvester
DPM, FACFAS, FABFAS, FAENS

BUNIONS

Condition Focus

Bunions come in many shapes and sizes with different underlying causes. They can range from mild to quite severe and with drastic deformity. It takes an extensive evaluation of the mobility of the joints, the position of the foot as the patient walks and stands, as well as a radiographic evaluation of specific angles that can become deformed. The reason we check these things is that if we do not treat them correctly, then bunions can come back or not heal properly.

Bunions are most commonly passed through genetics, while poor shoe gear and/or support can worsen their presentation. It is important to take note that if you have a bunion, you likely inherited it from someone and you also likely passed it on to someone else. This does not mean you need to start throwing darts at your family tree, but it does mean that you should pay attention to your feet and to the feet of your family members.

Bunions are a structural deformity and because of this, we need to address either the outside support and position or the inside. This typically entails custom orthotics or an elective surgical procedure. Unlike teeth, bunion deformities do not correct with an outside brace-like device. Custom orthotics help support the current structure and can help prevent further deformity and pain. A good, wide, supportive shoe that is semi-rigid and cannot fold like a taco or wring out like a towel can also help limit the deforming forces that accentuate a bunion. When those things fail to eliminate or control pain then surgery may be the better option.

When it comes to surgery, our goal is to fix the root problem--which is the bunion--and prevent it from returning. Surgery allows us to correct the poor positioning of your bones and eliminate the causative factors. While a minimally invasive surgery may be ideal for cosmetics, it may not allow for adequate correction of all the problems involved. At the Next Step Foot and Ankle Clinic, we will do our best to provide you with all available options, our recommended treatment plan, and work with you to select the right path that suits you and allows you to live your life to its fullest. ■



**Dr. Gregory
Larsen**

DPM, AENS



SCAN ME

Watch our video on
bunions here!

HAMMERTOES

Condition Focus

Hammertoe is an abnormal bending of the smaller toes to the foot. In medicine, the toes are numbered 1-5 with the big (or great toe) being number one and the pinky (or smallest toe) being number five. Hammertoe deformities are not cosmetic in nature. The toes bend at the joint constantly, causing abnormal pressures on the knuckle at the joint or the tip of the toe. This can rub in shoes on the top of the toe causing pain or soreness. For patients with neuropathy, who lack feeling in their toes, hammertoes can even lead to non-healing wounds and amputations. Hammertoes usually start off as a flexible deformity in its early stages and can be managed with non-invasive measures. However, hammertoes do progress and should be addressed early in the process.

The most common cause of a hammertoe is a muscle/tendon imbalance. In a traditional hammertoe, the muscles and tendons that pull the toe down are stronger than the muscles and tendons that pull it up. This imbalance causes the toe to contract and bend down. The imbalance can be a mechanical problem or a neurologic (electrical) problem that may develop in some people over time.

A variety of treatments--both conservative and surgical--exist for the treatment of hammertoes. When discussing treatments with patients, we try to tailor the treatment to the patient's goals and severity of the deformity. When discussing surgical options for hammertoes, multiple factors are taken into consideration. At Next Step Foot and Ankle, we strive to perform the procedures that require minimal recovery to get our patients back on their feet again.

We also take into consideration the severity of the deformity when determining what procedure will best fix the deformity. A patient's overall health and blood flow also determine what type of surgeries may be indicated. Typically, we order a blood flow study to determine the percentage of blood making it to the toes versus what comes out from the heart. Good blood flow leads to good surgical outcomes. A variety of procedures are used to treat hammertoes and all of these factors must be considered when choosing the best treatment for a patient. ■



Dr. Boyd Bills

DPM, ABFAS, AENS

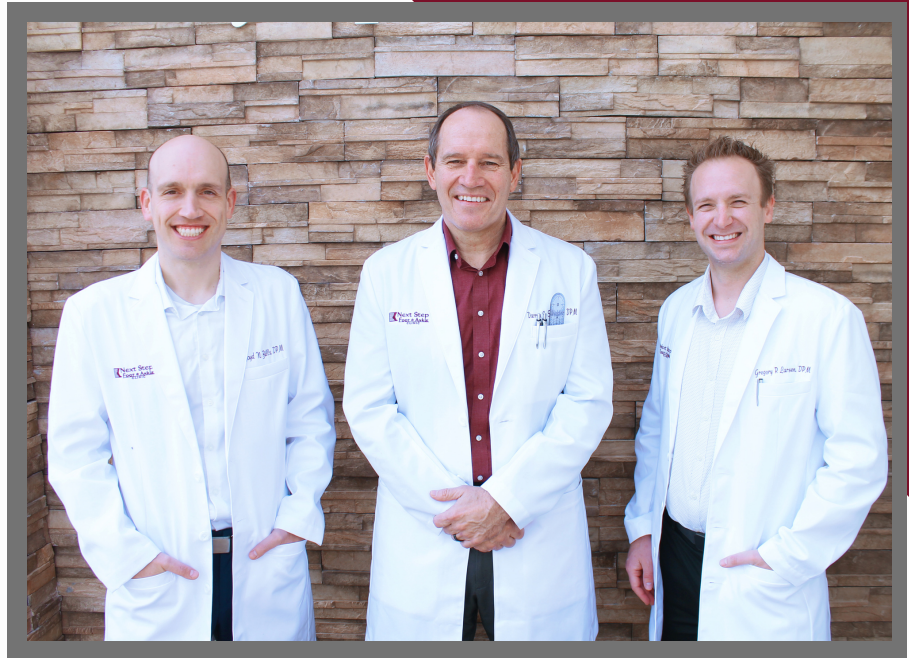


SCAN ME

Watch our video on
hammertoes here!

THE NEXT STEP DIFFERENCE

REAL TESTIMONIALS
FROM REAL PATIENTS



"Dr. Silvester is great! He really knows what he is doing and listens very well. I am so glad that I went to see him. He did more for me in one visit than I could ever have expected. After two visits, I am amazed by his care and competence!"

-Adam

"This is by far the best podiatry clinic I have ever encountered. I had an issue with my right foot--needed to be seen ASAP. They got me in within 24 hours, took x-rays, gave me a steroid shot, and I was good as new. The staff and Dr. Larsen were so compassionate, didn't feel rushed, and could tell that they truly care about each and every person that walks in. Dr. Larsen took the time to listen, educate, and answer all my questions."

-Anna

"Had the pleasure of meeting Dr. Bills yesterday and I was extremely impressed with him. He is courteous, professional and completely confident. Dr. Bills diagnosed my foot problem in no time at all and gave me a plan to make things better. He has my complete confidence and I recommend him to everyone."

-John



don't forget

we have

2

locations

UNIVERSAL CITY/SAN ANTONIO, TX

PLEASANTON, TX



**SCHEDULE AN
APPOINTMENT
WITH US TODAY!**

(210) 375-3318