

Next Step Footnotes

Next Step Foot & Ankle Clinic's Monthly Patient Newsletter



What You'll Find Inside:

• WE'RE ON A MISSION

we're determined to be an invaluable resource for proper foot & ankle care

• TREATING ATHLETES

find out how a podiatrist can help athletes achieve their peak performance

• ARTHROSCOPIC SURGERY EXPLAINED

learn what this minimally invasive surgery can fix to get you onto your next step

• THE NEXT STEP DIFFERENCE

read how one patient has finally found hope of walking without an outside brace

Where will your feet take you?



connect with us on





WE'RE ON A MISSION

TEACHING MENTALITY

We aim to teach our patients about their conditions and how proper foot and ankle care can benefit them and their family. We strive to make the billing and payment process as clear as possible to our patients, ensuring that they understand the value of quality health care. We educate the public on foot health and what a Doctor of Podiatric Medicine (DPM) is trained to do, through our website, email, newsletters, and in-office educational material.

H - Happy Environment

E - Excellence in Foot & Ankle Care

A - Appreciation

R - Restoration of Foot & Ankle Function

T - Teaching Mentality

TREATING ATHLETES

Condition Focus

As podiatrists, we love helping athletes achieve their peak form and reach their physical goals. At some point in their athletic career, the typical athlete will deal with some kind of foot and/or ankle issue. Whether it be fungus, ingrown toenails, broken toes/ankles, ankle sprains, Achilles Tendon issues, heel pain, blisters or sores, callouses, or even painful warts--we have a full arsenal of treatments to get an athlete back to dominating their sport.

As foot & ankle specialists, our training and experience range from treating the common ingrown toenail and athletes' foot to total reconstructive ankle surgery and trauma. We help athletes by providing guidance in proper shoe gear such as size, proper fit & support, and style for the intended purpose. With our training and experience, we can help identify unique foot types such as flat feet or high arches which can help avoid major injuries and issues that are related to an athlete's foot structure. We use state-of-the-art equipment to develop custom orthotics as well as surgical techniques to correct structural deformities that inhibit performance or can lead to debilitating deformities if not addressed.

We advise proper foot care such as cleanliness (moisture vs dryness), nail care, proper taping, and bandaging for minor injuries. Athletes are more prone to high-impact injuries, leading to lasting issues like chronic pain, ankle instability, or post-traumatic arthritis.

Understanding their foot structure and proper preventative care can be vital to keep an athlete in peak performance. At Next Step Foot & Ankle Clinic, we keep an athlete's active lifestyle in mind and are eager to help them properly correct any problems so that we can get them back to enjoying the sports they love. ■



Gregory Larsen

DPM, AENS



SCAN ME

Watch our video on athletic care here!

ARTHROSCOPIC SURGERY

Condition Focus

Arthroscopic surgery (commonly referred to as "scope") is a procedure where a small buttonhole is introduced inside the joint and a fiberoptic is used to look around the inside and determine what the issue is. A second hole is then made and instruments can be introduced through this hole to fix any damage that is inside the joint. The joints that are primarily treated are the ankle and subtalar joint because the location has to be large enough to introduce instruments in order to fix the problem.

A person who has severe pain in their ankle is likely a good candidate for Arthroscopic Surgery. If you have pain in the front of your ankle, a feeling of instability, or decreased ankle range of motion when you try to bring your toes up, you may have anterior ankle joint impingement. The reason the joint gets impinged is usually because of soft tissue that is being pinched in the front of the ankle. This is quite easily removed and often successfully treated with arthroscopy. Sometimes the anterior impingement is caused by bone growth, which could also be removed with the scope procedure.

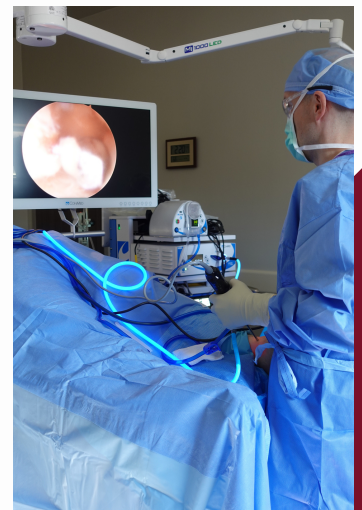
Another condition of the ankle that can be successfully treated with the scope is "osteochondral lesions". Osteochondral means "bone-cartilage". It is somewhat like a terrible bruise that goes through the cartilage and into the bone. In some cases, pain in the back of the ankle can also be treated with arthroscopy and loose bodies can also be removed from the ankle joint.

Arthroscopy offers an opportunity to have surgery with minimal soft tissue disruption, which categorizes it as minimally invasive surgery. These are quite nice because the pain following surgery is typically much less and there is significantly less scar tissue. Also, there is usually much less swelling and the success rates are comparable to more traditional surgery. If you suffer from pain, ankle instability, or another condition mentioned, ask us about Arthroscopic Surgery and we can decide together if it's the right solution for you. ■



Darren Silvester

DPM, FACFAS, FABFAS, FAENS





THE NEXT STEP DIFFERENCE

TESTIMONIAL

"I really can't say enough positive things about this practice without sounding like a paid poster, but this practice has literally turned my life around. I posted about Dr. Silvester over a year ago telling of the wonderful work he did in healing a nine-month ulcer on my foot that all others had given up on. Little did I realize the blessing that would come with Dr. Larsen joining his practice!

Where Dr. Silvester's work left off, Dr. Larsen's surgical skill picked up. After my initial meeting with Dr. Larsen over my Charcot's Foot, he, with Dr. Silvester's able assistance, agreed to perform my January five-hour surgery which has given the hope of once again walking on my left foot, hopefully without the aid of an outside brace which I've had to wear for the last 5+ years. I and my foot are not out of the woods yet, but that doesn't detract from the wonderful work that has gone on at the clinic.

And, it would be a terrible injustice if I didn't mention the staff at the clinic. It would be incredibly difficult if not impossible for these physicians to perform the miracle work that they do without that professional and well-trained proficiency shown by their staff. They are always attentive and in good humor. Since going to the clinic since 2019, I have never had a bad experience. In the 10 years my wife and I have lived in the SA-area, we have observed one consistent rule: Good doctor + Bad staff OR Not-So-Good doctor + Good staff. This practice breaks the rule by providing both excellent doctors AND staff. Bravo!"

-- Cary via Facebook



don't forget

we have

2

locations

UNIVERSAL CITY / SAN ANTONIO, TX

PLEASANTON, TX



**SCHEDULE AN
APPOINTMENT
WITH US TODAY!**

(210) 375-3318