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In this issue: Old Ankle Injuries, Dr. Danial, PAD
Blog Post Updates and more.



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Are old ankle sprains haunting you?

Many people who suffered from ankle sprains in their younger years could be at risk for more serious damage as they age and try to stay active. It is estimated that one in four sports injuries involves the foot or ankle, and a majority of them occur from incomplete rehabilitation of earlier injuries.

Pain in your foot, heel, ankle or toe is never normal, even if you're just getting back into shape. Swelling is another symptom you may experience. Both amateur and professional athletes often misunderstand how serious a sprain can be, and they rush back into action without taking time to rehabilitate the injury properly.

A sprain that happened years ago can leave residual weakness in the ankle. This can cause a sensation of instability when walking on an uneven surface. Often, people have difficulty going up or especially down stairs. Doing any activities that require quick movements can be problematic and create pain, swelling and a feeling of uneasiness when walking or especially running. This is usually because the ankle is loose secondary to ligaments that failed to heal properly. This is referred to as lateral ankle instability. This can be a real problem and cause arthritis and further injury.

Some sprains are severe enough to strain or tear the tendons on the outside of the ankle, called the peroneal tendons. Research shows that more than 85 percent of athletes who had surgery to repair a torn peroneal tendon were able to return to full sporting activity within three months after the procedure.

Peroneal tendon tears are an overlooked cause of lateral ankle pain. Although surgery for athletically active patients shouldn't be taken lightly, surgical repair of the peroneal tendon is proving to be very successful in helping athletes with serious ankle problems return to full activity.

Persistent pain and tenderness after a sprain, especially if the individual felt a 'pop' on the outside of the ankle and couldn't stand tiptoe, might be a warning sign that the tendon is torn or split. The injury is best diagnosed with an MRI exam.

If you're being haunted by your old injury, get help now and give Next Step Foot and Ankle Clinic a call today!

September is Peripheral Arterial Disease (PAD) Month

Symptoms

- Cramping in feet, calves
- Muscle pain during physical activity
- Burning sensation in legs & feet
- Legs / feet feel numb at rest
- Leg / foot cool to the touch
- Foot wounds that don't heal
- Thick toenails

PAD is diagnosed with Arterial Doppler Imaging, a non-invasive method that visualizes the artery with sound waves and measures the blood flow in an artery to indicate the presence of a blockage.

Don't dismiss any of these symptoms as natural signs of aging. Tak the next step to healthy feet and schedule your PAD Screening with Next Step Foot & Ankle Clinic today!

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Welcome Aboard!

Elaine Danial

Doctor of Podiatric Medicine

- Medical Residency at Baylor Scott & White Hospital, Temple, Texas
- Doctor of Podiatric Medicine from Scholl College of Podiatric Medicine at Rosalind Franklin University of Medicine and Science, Chicago, Illinois
- Bachelors Degree in Biology from the University of Texas, San Antonio



www.NextStepFoot.com



Dr. Danial specializes in surgical and non-surgical treatments of conditions of the foot and ankle including tendon repair, reconstructive rearfoot and ankle, podiatric skin conditions, diabetes, midfoot injuries, Neuropathy, heel pain, flat feet, sports medicine, trauma, etc. Dr. Danial enjoys treating children, teenagers and adults, with all kinds of foot and ankle conditions. Her primary office will be at **Next Step Foot & Ankle Clinic at Pleasanton**, located at **409 North Bryant Street, Pleasanton, TX 78064** and online at www.NextStepFoot.com. To schedule an appointment with Dr. Danial, call **830.569.FEET (830.569.3338)**

Dr. Danial is a board-qualified foot and ankle surgeon and Associate Member of the American College of Foot and Ankle Surgeons; Member of the American Podiatric Medical Association and Texas Podiatric Medical Association, along with the American Association of Women Podiatrists.

"I am happy to be on board with a practice that truly does care about their patients --- Dr. Silvester will be a great mentor." Dr. Danial.

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