



*Darren Silvester, DPM
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CASE OF THE MONTH

Severe pediatric flat foot condition surgically corrected with outstanding results:

Approximately one year ago a young man came to see me in my office with severe flatfeet and quite pronounced limitation of activity because of that condition. The patient was unable to play baseball or even be comfortable at school. Even minimal activities caused him to have some degree of pain. His family noticed that he was running in an awkward fashion when trying to play sports. Watching this young man walk was a painful experience. He had one of the more severe flatfeet that I have ever seen. Fortunately, his parents brought him in early enough in the disease process that his condition was still easily reducible. After a few visits his family opted to have the patient undergo flat foot reconstruction. The procedure was performed first on the left foot and then a few months later on the right foot. I recently was able to evaluate him for his first visit and was so pleased to see him being able to run and play in a normal fashion. His feet have shown terrific improvements in their alignment and function. If you or anymore you know suffer from flatfeet call my office at (830)-569-3338 or visit my website to schedule www.silvesterfootclinic.com

BEFORE



AFTER



***STAFF RECEIPES

MANDY CUMPIAN'S SPECIAL RECIPE IS CHICKEN BREAST WITH WHITE GRAVY, STEAMED VEGETABLES AND WHITE RICE.

SHE IS A MOTHER OF 4 AND MARRIED SO THIS FAST AND EASY RECEIPE WILL GO GREAT FOR YOUR FAMILY. ☺

YOU WILL NEED: CHICKEN BREAST, VEGETABLES, AND A CAN OF CAMPBELL'S CREAM OF MUSHROOM SOUP, CUP OF RICE AND BUTTER.

DIRECTIONS: PLACE CHICKEN IN A SKILLET WITH A CUP OF WATER (OR CHICKEN STOCK) COOK CHICKEN HALF WAY, THEN ADD VEGETABLES AND CAN OF CAMPBELL'S CREAM OF MUSHROOM SOUP, SEASON WITH SALT, PEPPER, GARLIC POWDER, CHOPPED ONIONS. COVER AND COOK ON LOW HEAT UNTIL TENDER.

IN A SAUCE PAN BOIL WATER WITH SALT, TBS OF BUTTER, BRING TO A BOIL. THEN ADD A CUP OF RICE, COVER AND SIMMER RICE UNTIL TENDER. SERVE RICE ON THE BOTTOM AND ADD CHICKEN AND VEGGIES ON TOP AND ENJOY!



NEXT STEP FOOT & ANKLE CLINIC'S MASCOT

Did you know here at Next Step Foot & Ankle Clinic we have our very own mascot? His name is Sparky and he's a 1 year old Papillon puppy. He's Dr.Silvester's dog. He's super sweet and loves to fetch and give kisses. ☺



FREE BOOK!!!!

If you would like a free copy of Dr.Silvester's new book called "Why Do My Feet Hurt and What Can I Do About It?" Call our office and we'll mail you one or visit our website and request one www.silvesterfootclinic.com



Next Step Foot & Ankle CLINIC

Fun Foot Fact: Did you know babies are born with a pad of fat where an arch would normally be in an adult foot, which makes them appear flat and adorably chubby? In fact, arches don't usually show up until Children reach about 2 ½ years old. No wonder babies' feet are just so cute and irresistible!



The Traveling Foot Game:



Here's how to play:

- First come by and get your Next Step Stress Foot.
- Then "like" us on Facebook.
www.facebook.com/NextStepFoot
- Post a picture of you with the Next Step Foot anywhere you might be in the world. So far we have made it to Delaware!

**The more you get out and move your feet, the healthier you'll be. Get up and get out and show us how far you've gone!!

Care to Share Card

Here at the Next Step Foot & Ankle Clinic we are offering the "Care to Share" refer a friend program. What we are offering is, anyone who refers someone to us gets a \$5 gift card to yogurt zone, as well as the person referred. The new patient must keep their appointment before receiving the gift card. Gift card can be picked up here at our office or we can mail them to you. ☺



If you would like more information on flatfeet click on the link below:

www.silvesterfootclinic.com/faq---flat-feet.html

Grand Re-Opening Pictures!! ☺

