



CASE OF THE MONTH: ANKLE INSTABILITY

The Problem:

We had a young lady come into the Next Step Foot & Ankle Clinic a few months ago who is quite active in sports in high school. She incurred multiple ankle sprains which had been treated with stretches, ice and Ace wraps and early return to activity. Her ankle continued to bother her and also she noted that she was quite prone to additional ankle sprains. Additionally, going downstairs was a real concern for her because she felt like she was going to twist her ankle. Sometimes when walking, she would step on a small pebble and roll her ankle.

The Treatment:

This patient was placed in an ankle brace for a while to aid in balance and stability but no real resolution of her symptoms occurred. Fortunately, in our office we have a Fluoroscope. This type of medical imaging shows real-time moving X-Ray images on a monitor, much like a movie. With this advanced technology, Dr. Silvester was able to do a range of motion study to evaluate the stability of her lateral ankle joint. She had a significant laxity of her lateral collateral ankle ligaments (loose ligaments).



On the left: Pre-op stress x-ray image with talar tilt of about 15 degrees.

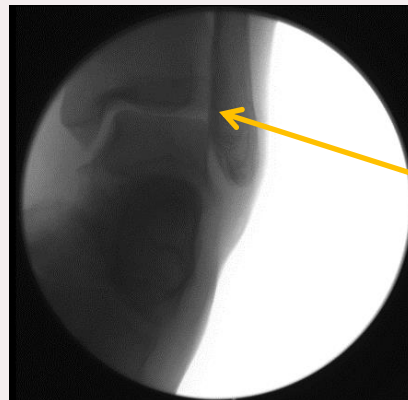


Thank you to a special patient, who graciously made this awesome foot print theme quilt! We appreciate your kindness! We will use it for our first grandbaby.

Dr. & Marilee
Silvester

The Solution:

Long-term, the patient needed modified Bronstrom Ankle Repair Surgery to repair these ligaments. After about 2 months of recovery, she returned to normal activities (including high school sports) supported by an ankle brace for a few months. She is very happy with her ankle now, it is much more stable.



On the left: Post-op stress x-ray image with NO talar tilt.

Please don't hesitate to schedule your appointment with us today **(830) 569-3338**

Yours in Good Health,
The Next Step Team

... health is just a step away...call today (830)569-3338



We Dream Big!

Are we insane? (Stop shaking your head!) We're in the process of building our flagship foot & ankle surgical care center in Universal City, TX. (It's about 4% complete, yeah!) Why? Because it's all about **Y-O-U**...our patients. Our goal is to provide you with uncompromising care, the latest foot and ankle surgical techniques, in a comfortable, healing environment that doesn't break the bank. To get the latest updates on our new Olympia Surgical Center, "like" us on Facebook at www.facebook.com/OlympiaSurgeryCenter

The Traveling Foot Game Summer 2015



The picture above is from the Next Step Team at Medieval Times in Dallas, TX.

Here's how to play:

- Drop By for a 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.

Last year, the Next Step Foot made it to Delaware!

Donuts for Dad 2015

We celebrate with all Dad and future Dads!
 Happy Father's Day!



Have you read our book, "Why Do My Feet Hurt and What Can I do About It?"



Request your **FREE COPY** at www.silvesterfootclinic.com today!

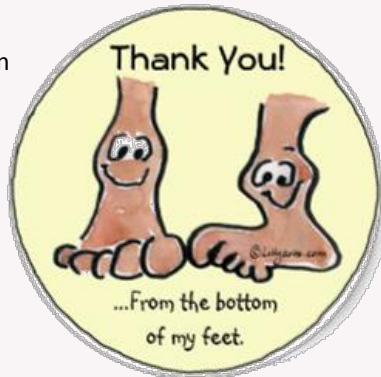
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