



## ATTENTION!! WOMEN OVER 40

This is an important message for women over 40... whether that's you or someone in your life.

There are two extremely common genetic foot conditions in women over 40 we see every day. Most days we'll see this condition multiple times. Amazingly, neither of them occurs because of an injury. If they are left untreated...long-term pain and deformity can result.

1. The first occurs around the toe next to the big one (we call it the 2<sup>nd</sup> toe in the foot business ☺) and the ball of the foot.

Women will come in concerned about pain mainly on the ball of the foot. It can feel like you're "walking on a ball" or something "bunched up." Sometimes there's swelling on the top of the foot near the 2<sup>nd</sup> toe.

The more pressure you put on the ball of the foot the greater the pain. Many women have to stop exercising or stop wearing dress shoes because of the pain.

If left untreated, the 2<sup>nd</sup> toe can become deformed and start moving toward the big toe. If this happens, surgery may be the only solution.

The most important thing to know is...

*Getting this diagnosed and addressed as early as possible can avoid serious long-term consequences...including unnecessary surgery.*

2. The second condition occurs on the inside of the ankle into the arch of the foot.

Pain and swelling are the symptoms. Just like the first condition, this one rarely occurs because of an injury.

Urgent Care Clinics and most Doctors who don't specialize in the foot and ankle can easily mistake pain in this area for something else. The most important thing to know is...

*Since this condition involves a MAJOR tendon, the longer the pain lasts without specific treatment, the higher the chance of the arch collapsing.*

There is an easy diagnostic test we can do in the office to determine if this condition exists.

Again, the sooner this pain is addressed the greater the chance of avoiding surgery and long-term consequences. It still astonishes me how long people suffer with foot or ankle pain when most conditions are easy to improve fast.

**Same or Next Day Appointments Available for Urgent Matters**

### *Most Common Conditions in Women over 40*

#### *Ball of Foot Pain*



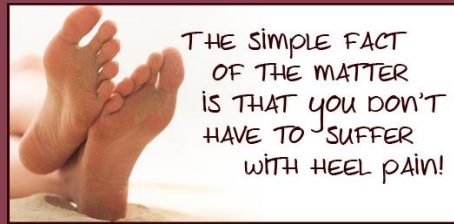
*Feels like you're walking on a ball*

#### *Arch Pain*



*Pain on the inside arch of your foot*

***Your Next Step for Healthy Feet***



Your Next Step For Healthy Feet: [www.NextStepFoot.com](http://www.NextStepFoot.com)



May you have 12 months of Happiness, 52 weeks of Fun, 365 days of Laughter, 8760 hours of Good Health, 525,600 minutes of Joy, 31,536,000 seconds of Success!

*From the Team at  
Next Step Foot & Ankle Clinic*

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**New Faces @ Next Step**



**Courtney**

*Call Center Representative*

Courtney will be the first point of contact for all inbound calls for Universal City and Pleasanton locations.



**Laura**

*Medical Assistant*

Laura M. is joining us in Universal City as a Medical Assistant.

## Are Your Feet Feeling Better?

Put a little Spring in your Step!  
Try this 10-Week Starter Walking Program.

### Walking: A 10-Week Starter Program (at least 3 days per week)

| Warm-Up Time                          | Brisk Walk Time | Cool-Down Time            | Total Time |
|---------------------------------------|-----------------|---------------------------|------------|
| Walk Slowly at Start<br>Weeks 1 and 2 |                 | Slower Pace as you finish |            |
| 5 Minutes                             | 5 Minutes       | 5 Minutes                 | 15 Minutes |
| Weeks 3 and 4                         |                 |                           |            |
| 5 Minutes                             | 10 Minutes      | 5 Minutes                 | 20 Minutes |
| Weeks 5 and 6                         |                 |                           |            |
| 5 Minutes                             | 15 Minutes      | 5 Minutes                 | 25 Minutes |
| Weeks 7 and 8                         |                 |                           |            |
| 5 Minutes                             | 20 Minutes      | 5 Minutes                 | 30 Minutes |
| Weeks 9 and 10                        |                 |                           |            |
| 5 Minutes                             | 25 Minutes      | 5 Minutes                 | 35 Minutes |

This gradual build-up walking program, as recommended by the National Institutes for Health, is specifically designed to help beginners ease into a regular routine. The objective would be continue adding 5 minutes of brisk walk time each week, so that by the 20-week mark, walkers would perform 60 minutes of walking exercise each outing.

## Stunning Truth About Foot Pain

Most people wait at least 3 months before consulting with a doctor about their foot concern. That is truly stunning!

The longer a foot condition lasts the longer some take to relieve. What's more, many foot surgeries could have been avoided.

If you hear of someone talking about their foot hurting please let them know early detection and treatment saves time, money, and suffering.

We even have Same / Next -Day Appointments available.

**Call 210.375.3318 or 830.569.3338**

[www.NextStepFoot.com](http://www.NextStepFoot.com)

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