



The Root of Many Problems: Flat Feet

It's astonishing how many things can go wrong because of Flat Feet. Of all the foot types, this is the one that leads to most problematic foot conditions. Problems can occur when people get treated for these conditions without addressing the cause of Flat Feet. Treatments are usually unsuccessful unless the cause is addressed. Count your blessings if you have normal or high arches. Flat feet can be caused by genetics, laxity, torsional abnormalities, tendon dysfunction or ruptures, and short Achilles tendons.

Flat feet can lead to pain in the foot, knee, hip and back. Flat feet also leads to gradual inactivity and eventual loss of mobility as it becomes more and more painful to move around. This can start very early in life. Many kids with flat feet become inactive and gain weight early in life. The flat foot goes through stages from flexible to rigid.

The Role of Arch Supports and Orthotics

If flat feet are caught early some type of support is appropriate. A true custom orthotic properly made is probably the best conservative care for flat feet. All orthotics are not the same. They can make a difference in the symptoms and help the patient tolerate activity. Not every flat foot responds to orthotics. Those with short Achilles generally do not tolerate supports. Those with very severe deformities also usually need something more than just an orthotic. Stretching and splinting can help some.

A Simple Solution

The number one treatment for flat feet is Custom Foot Orthotics. These inserts are the only way to effectively control and stabilize unstable flat feet. Store bought arch supports usually aren't effective. Orthotics align the feet better, which allows the bones, joints, ligaments, and tendons to move optimally. Many people who have had pain because of flat feet experience tremendous relief from orthotics. Not only do orthotics relieve foot pain, they can prevent many foot conditions from recurring.

Children and Flat Feet

Children who have flat feet and experience foot pain also benefit greatly from orthotics. Many active kids are brought to our office by their parents complaining of pain when the kids are playing a sport. Most often they have flat feet. Orthotics relieves the pain almost 100% of the time as long as the child is wearing shoes. For more information on a permanent solution that will help even when barefooted, see the information about HyProCure on the next page.



Most Common Foot Conditions Caused by Flat Feet

- *Bunions*
- *Hammertoes*
- *Tendinitis*
- *Arthritis*
- *Plantar Fasciitis*
- *Heel Spurs*

Problems can occur when people get treated for these conditions without addressing the cause of Flat Feet. Treatments are usually unsuccessful unless the cause is addressed.

Arch Supports

We sell medical grade arch supports at all locations for \$40.



Your Next Step for Healthy Feet



Your Next Step For Healthy Feet: www.NextStepFoot.com

New Faces @ Next Step



Kim

Front Desk Check Out

Kim is in the Front Desk Check Out position at our Universal City location.



Rachel

Front Desk Check In

Rachel is the first face you meet in person when you walk through the door.



Courtney

Surgical Coordinator, San Antonio Area

Courtney has taken on the Surgical Coordinator position at the Universal City.

HyProCure Procedure for Flat Feet

Next Step Foot & Ankle Clinic is a Center of Excellence for the minimally invasive surgery known as HyProCure. The procedure re-aligns your ankle with your heel bones with a small titanium stent. In just a few weeks, patients can walk normally, and tendons, ligaments, and bones adapt to corrected ankle position.



The procedure is typically done in 20 minutes or less in an outpatient setting. HyProCure is a superior option backed up with published scientific evidence. To see if HyProCure is the correct treatment for your Flat Feet, schedule your appointment with us today.

In Case You Were Wondering...

Flat Feet Causes Knee and Back Pain

Since flat feet also cause knee and back problems, wearing orthotics has solved many knee and back ailments.

Not everyone who has flat feet will ultimately have foot pain but many foot problems are from flat feet. A simple solution such as custom foot orthotics can help relieve the pain and prevent a recurrence.

Call 210.375.3318 or 830.569.3338

www.NextStepFoot.com

LIKE US ON

