

The Root of Many Foot Problems...



TIGHT CALF MUSCLES

You probably didn't realize that tightness of your calf muscles may be the cause of a foot problem that you've experienced. A large percentage of the population were born with tight calf muscles. You wouldn't have any way of knowing this unless a specific test was done to indicate it.

As podiatrists, we pay particular attention to the calf muscles because of just how many foot problems and conditions tightness is responsible for. Common foot conditions like Bunions, Plantar Fasciitis, Hammertoes and Achilles problems, Ball of foot pain, and Flat feet are all rooted in calf muscle tightness. Because of this genetic tightness situation many of these conditions are inevitable.

A SIMPLE SOLUTION...

Once we determine the degree of calf muscle tightness by our simple muscle testing methods, a plan is designed to stretch these muscles as much as possible. One option for this is a very specific Night Splint that can do the work for you. You could do your own stretching but it would never be enough to impact the tightness as much as the splint would.

The feedback from our patients who have used the Night Splint has been excellent. Relief of pain, less muscle cramps, better sleep and walking better are some of the happy results reported.

KIDS ARE AT RISK TOO...

Parents who have had foot problems can proactively help prevent their kids from having similar problems by having their feet and calf muscles examined. The sooner a potential problem is detected the less the risk of the child acquiring a genetic foot condition. Most often parents complain because the child "run's funny" or "gets tired easy".

Sometimes stretching works just fine and sometimes more aggressive treatment is needed. If you've had a foot problem that has been stubborn it might just take focusing on loosening up your calf muscles to finally get relief. Let us know if we can help.

Get Help Now!

Call Universal City at 210.375.3318 or Pleasanton at 830.569.3339



Did you love your experience with Dr. Bills at Next Step Foot & Ankle Clinic?

Review him on Healthgrades by clicking here.

As a valued patient, we would appreciate a moment of your time to connect with us on-line and write a review of your experience.

Thank You !!!

Your Next Step for Healthy Feet

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



We wish all of you a very Happy Thanksgiving!

From the Team at
Next Step Foot & Ankle Clinic

Our Thanksgiving Holiday hours are as follows:

We will close Wednesday, November 21 at 1 pm and re-open on Monday the 26th.



If you have high arches, the mechanics of your feet shift - causing excessive amounts of weight to be placed on the ball and heel of the foot. The excessive pressure can not only cause pain, but also ankle sprains, corns, calluses, and hammertoes.

Simple treatment options for high arch feet includes arch supports, orthotics and/or braces. If caught early enough, many of the additional problems caused by high arches may be avoided.

Schedule your appointment with Next Step Foot & Ankle Clinic today, to beat the pain associated with high arches.

OLYMPIA
SURGERY
CENTER

Olympia Surgery Center joins CHRISTUS Health System Family!

CHRISTUS Health System is pleased to welcome Olympia Hills Surgery Center to the system family. This exciting new partnership joins Olympia Surgery Center with the large network of ambulatory surgery centers within CHRISTUS Health System, that specialize in providing high quality, low cost surgical services, close to home.

For more information about CHRISTUS Health Ambulatory Surgical Centers, visit:
<https://www.christushealth.org/locations-directions/pasc-olympia-hills>

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