



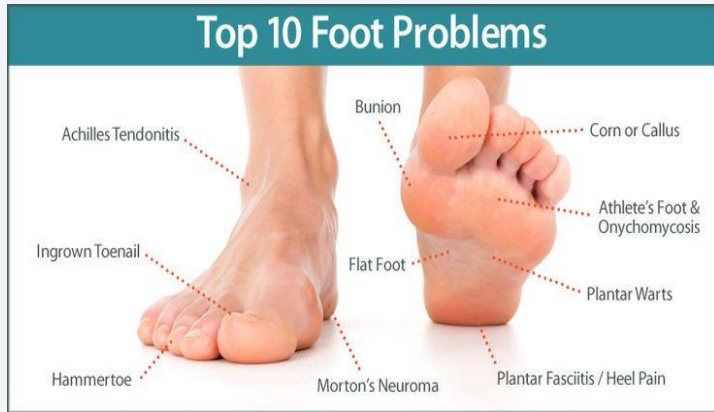
# Physician to Physician

## Common Foot Problems

April 2016

Dear Physician,

Thank you for looking at this newsletter. I know your time is valuable. Since it is National Foot Health Awareness Month I thought I would run down the Most Common Foot Problems and explain why you should send your patients to get help now at the Next Step Foot & Ankle Clinic.



**Ingrown Nails:** We use five proven techniques to make the numbing injection nearly painless, so you don't need to be afraid of the injection. Most of our patients have no pain at all with this procedure. Our procedure is a single appointment with a very rare recurrence rate.

**Nail fungus:** Prescription Lamisil, by itself, is only successful about 60% of the time. Our comprehensive fungus package includes five solutions that, when combined, have an 85-90% success rate.

**Bunions:** There are 3 main surgery types for each particular bunion. Choosing the right procedure can be the difference between a long term successful outcome or a recurrence.

**Heel pain (Achilles and Plantar Fascia):** Innovative technologies like MLS laser and Shockwave therapy treatments are not only treating the pain but healing the tissues with virtually no down time.

**Neuromas:** Nerve decompression under magnification makes much more sense than nerve removal. Heal the nerve rather than destroy it. Every nerve that is removed leaves a stump and that stump grows another neuroma 100% of the time.

**Hammertoes:** Some hammertoes can be fixed with a needle. That's right, no incision, just a needle stick. Go back to normal activities in a couple of days. Others need more invasive repair.

**Neuropathy:** We use 5 methods to treat Neuropathy: supplements, electrical signal therapy, laser therapy, physical therapy, and surgery when needed. With this comprehensive approach your likelihood of success is much greater.

**Flat feet:** Flat feet can be miserable and frustrating. Most people have used arch supports with limited benefit. Whether pediatric or adult we use many conservative modalities to stabilize and surgical methods to repair flat feet. As part of our commitment to flat feet repair we have become a "**HyProCure Center of Excellence**" (one of only two in Texas). We also use many other surgical techniques to repair flat feet.

What this all means to your patients is a place to get solutions to their problems. We provide your patients the best in foot and ankle care. For much more detail about each of these conditions check out our website.

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

Yours in Good Health,

Darren J. Silvester

LIKE US ON



**New Location!**



**13525 Centerbrook**

**Suite 104**

**Universal City, TX 78148**

**Phone: 210.375.3318**

**Fax: 210.257.6931**

- Neuropathy
- Diabetic Foot Care
- Fungal Toenails
- Heel Pain
- Ingrown Toenails
- Ankle Pain
- Flat Feet

**Most Insurances Accepted**

**Group NPI# 1942281878**

**Dr NPI# 1073792883**

**Universal City Fax:**

**210.257.6931**

**Pleasanton Fax:**

**830.569.6833**

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

**Universal City: 13525 Centerbrook, Suite 104, Universal City, TX 78148 Phone: 210.375.3318 Fax: 210.257.6931**

**Pleasanton: 409 N. Bryant St., Pleasanton, TX 78064 Phone: 830.569.FEET (3338) Fax: 830.569.6833**