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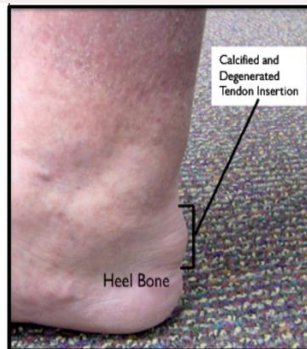
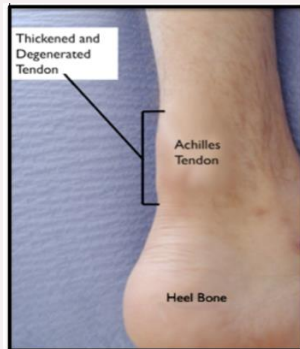
In this issue: The Achilles Heel, Love Your Boot!
Blog Post Updates and more.



March 2017

The Achilles Heel

The Achilles heel was named after a figure in Greek mythology. It is so named because a young man named Achilles was dipped in the river Styx by his mother. His entire body made invulnerable by the dip with the exception of his heel, which was where his mother gripped him. She gripped him so tightly, the water never touched his heel. Achilles was eventually killed with an poison arrow to the heel. So now, the phrase "Achilles' heel" is used to describe a powerful person's fatal weakness. Oddly enough, Achilles tendinitis frequently fits this description.



Achilles tendinitis generally occurs in one of two locations. The first is directly behind the heel. This is the most frequent location for irritation of the Achilles tendon. This can be caused by several things: Tendon degeneration, bursa, inflammation, insertional calcification (spurs), Haglund's deformity (a large bump on the heel bone). These result from general overuse and a tight tendon. With this problem there is a posterior bulging of the Achilles tendon at the insertion on the back of the heel.

The second location is just above that in the area with the tendon is quite visible on the back of the leg. This is called the watershed area. This is the area of the tendon where theoretically, there is decreased blood flow, and as a result, the tendon repairs itself very slowly in this area. The causes of pain in this location are generally poor mechanics, a tight tendon, age or genetic factors. With this problem, the tendon can be seen swollen in the area just above the heel bone.

TREATMENT:

Treatment of Achilles tendon problems can frequently be frustrating and not very rewarding. The Achilles tendon has poor blood flow. Therefore, it heals very slowly. Most of the time, by the time the patient sees the doctor, there is a lot of degeneration in the tendon as well. It is not just an inflammatory condition. Most doctors use rest, ice, stretching, immobilization, night splints, and occasionally injections or medications. We do all of these as well. But quite frequently these treatments are unsatisfactory.

At the Next Step Foot and Ankle Clinic, we offer several advanced treatments for Achilles tendon problems. These include shockwave therapy, MLS robotic laser therapy, Ultrasonic debridement, and injections with growth factors. Not everybody needs these. But they can really change the outcome for patients with chronic Achilles tendon problems.

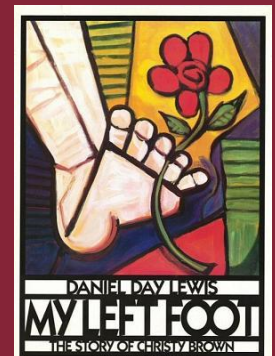
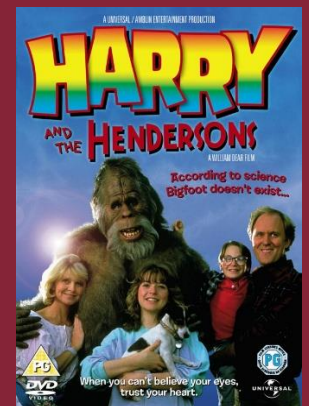
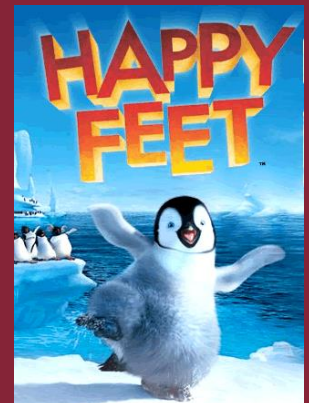


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Next Step Foot & Ankle Clinic Podiatrist, Universal City Location



Fun Feet Movies



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DARREN J. SILVESTER, DPM

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



Happy Birthday!

Our Universal City location has been open for one year ☺ Thank you for your support and trusting us with your feet. Dr. Silvester is now in Universal City full-time.

New Hours

Monday – Thursday 8:15 am – 4pm

Friday 8:15 am to 12pm

AmnioFix
INJECTABLE



New! AmnioFix Injectable Treatment for Achilles Tendinitis!

AmnioFix is a micronized dehydrated human amnion/chorion membrane allograft (skin substitute) product. *When injected, the growth factors will help your own cells regenerate the damaged tissues, reduce scar tissue formation, and control inflammation.*

This treatment is different from corticosteroid injections. Steroid injections are simply used to mask the pain and patients typically reach their limit of injections quickly.

Make your appointment today to see if AmnioFix is the correct treatment for you!

BEGINNER WALKING WORKOUT

	WARM UP	WALK TIME	COOL DOWN
1	5 MINUTES	5 MINUTES	5 MINUTES
2	5 MINUTES	7 MINUTES	5 MINUTES
3	5 MINUTES	9 MINUTES	5 MINUTES
4	5 MINUTES	11 MINUTES	5 MINUTES
5	5 MINUTES	13 MINUTES	5 MINUTES
6	5 MINUTES	15 MINUTES	5 MINUTES
7	5 MINUTES	18 MINUTES	5 MINUTES
8	5 MINUTES	20 MINUTES	5 MINUTES
9	5 MINUTES	23 MINUTES	5 MINUTES
10	5 MINUTES	26 MINUTES	5 MINUTES
11	5 MINUTES	28 MINUTES	5 MINUTES
12	5 MINUTES	30 MINUTES	5 MINUTES

For best results, perform each workout 3 times per week.



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