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In this issue: Flat Feet, New Staff,
Blog Post Updates and more.



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Are flat feet slowing your children down?

If you're reading this-- it probably means that your child or someone you know has flat feet that is affecting their quality of life. Kids with flat feet face many challenges. They usually can't keep up with their peers in sports. They get tired doing activities of daily living. They usually don't complain of pain but change their activities to accommodate the problem. This can lead to secondary problems such as weight gain due to inactivity. Another downside is that as the child ages, pain and arthritis can affect other areas their body. The knees, hips and back can also be affected.

Arch supports:

Many kids come to see us having worn arch supports or even orthotics. Often these devices work fairly well, but don't solve the problem. Once the orthotics are removed the same problem comes up. Also, they severely limit the shoe gear a child can wear. Flip flops or sandals are out. The other problem is that they don't really change the way the person walks. Sometimes the deformities are so severe that arch supports or orthotics don't work at all.

Surgery:

There are many surgeries that can address flat feet. Some require only a short recovery and others are much more involved. Picking the right surgery is critical. Many factors come into play: age of the patient, degree of deformity, presence or absence of arthritis, muscle contractures, tendon injuries, plane of the deformity and activity level of the patient are all considerations that need to be considered to pick the right surgery. Surgery can be a very satisfactory solution to a chronic problem. Give us a call if you have questions regarding what options are best for you or your loved ones.



Before Flat Foot Surgery



After Flat Foot Surgery

A Better Way to Treat Neuropathy



DARREN J. SILVESTER, DPM

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Clinic Happenings

32 Years!

Join with us in celebrating the
Silvester's 32 years of marriage!



New Staff on Board

Please welcome two new Medical
Assistants, Betty and Justine to
Next Step Foot & Ankle Clinic.



Birthdays This Month!

Happy Birthday this month to
Justine and Candy!





A Shoe's Life Span

As a general rule, most running and walking shoes last up to 500 miles. How and where you use your shoes could alter that number. For example, pavement wears down shoes faster than a track, a trail or gravel. Also keep in mind that shoes with an EVA midsole tend to wear down faster than shoes with a polyurethane midsole.

Here are three guides for determining when you need new shoes.

Do the Press Test

To determine if the midsoles of your shoes are compressed and are no longer providing cushioning, do the press test. Using your thumb, push on the outsole upward into the midsole. With new shoes, it should be easy to see the midsole compress into lines or wrinkles. As the shoe wears down, the midsole compresses less with the same amount of pressure. When the midsole shows heavy compression lines and the press test reveals a minimal amount of compression, there is little or no cushioning left.

Examine How Your Shoes Look

Don't worry about how dirty they are. That's a good thing. It means you've been using them. What you should be concerned with is general wear and tear. Take a look at your shoes. Are the heels stretched out? Are places on the outsoles worn down? Can you see how the shoes have molded to your foot? These are all signs of excessive wear.

Pay Attention to How They Feel

Your body will know when there is little or no cushioning left in your shoes. If you notice any aches or pains in your feet, legs, knees, hips or back after you've worn your shoes, it's a good sign that you need a new pair. Other signs include friction or blisters in unexpected places, which means your shoes have stretched and your feet are moving around too much.

