

June Newsletter



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Orthotic SALE!!

We are now offering a summer orthotics self-pay special from June 1st to July 31st. These regularly cost \$350 each!

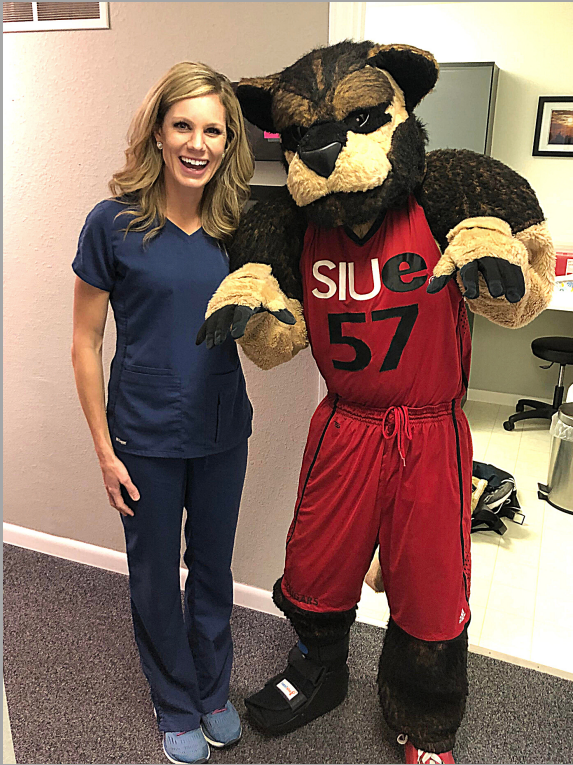
One pair for \$250!
Two pairs for \$400!



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Facebook! 

Krista Nelson, DPM

Podiatrist Spotlight!



Dr. Krista Nelson is a board certified podiatrist who has been with Next Step Foot and Ankle Centers since 2012. Dr. Nelson completed her undergraduate degree at Luther College in Decorah, IA, and earned her DPM from Des Moines University in Des Moines, IA. While valuing up-to-date medical knowledge and surgical skills, Dr. Nelson also believes the ability to really listen to patients and communicate effectively is of utmost importance.

Dr. Nelson is a part of the award-winning Alton Memorial Hospital Wound Care Center, and has specialized training in treating chronic wounds. Dr. Nelson is the official podiatrist of **SIUE Athletics**.

Dr. Nelson lives in Edwardsville with her husband and two children. She is an avid runner and has a passion for treating sports-related foot and ankle problems. She loves the outdoors and enjoys spending time at the many local parks and hiking trails with her family. Her favorite food is BBQ chicken or pork and anything with dark chocolate on it! She loves traveling to the northeast and northwest!

Dr. Nelson is one of the owners of NextStep Foot & Ankle Centers and she enjoys working with the team of doctors and staff!

June Birthdays

14th - Anna Biciocchi (Director of Revenue and EHR Systems)

HAPPY
BIRTHDAY



Why do podiatrist dislike flip-flops?

**If you are
experiencing foot
pain or problems,
reach out to us!
We can help!**

Flip-flops are the most popular fashion shoe for the hot summer days and nights. However, they can be extremely poor for your podiatric health. Flip-flops are thin and their unstructured soles offer zero support for the arch of your foot and can lead to countless injuries. To name a few; sprains, heel pain, tendonitis, back pain, blisters or fractures.

Therefore, every time you slip on the summery shoe, beware of the risks you are taking. Recovering from any foot injury takes a minimum of 6 weeks.

Our doctors recommendations are to only wear flips flops around the pool or lakes to avoid sunburns on the bottoms of your feet. Or purchase sandals with thick soles, wider straps, and cushion for better foot and arch support.

COVID-19 UPDATE

We are continuing to ease the strain on hospitals and emergency rooms with **Same-Day Appointments for your urgent foot and ankle needs.** Our podiatrist will treat your injury with utmost quality care!

All our clinics continue to stay open. However, due to change if needed. We are here to serve you as best as we can during this difficult time. Please give us a call with any questions or concerns!

fun foot fact:

National Health Service estimates that \$62 million is spent annually in treating 200,000 flip-flop related injuries.

what's new?



As the world continues to slowly go back to normal with less restrictions caused by COVID-19, so does everything at **NEXTSTEP**. We continue to take precautions and we are diligent to keeping our clinics a clean and sanitized environment for all our patients and employees. In addition, we enforce the use of masks while in our clinics.

We are currently offering a summer orthotic's sale from June 1st to July 31st! These regularly cost \$350 each! Please call us or visit one of our 12 clinics to grab yours today!

Illinois - (618) 236-7444
Missouri - (314) 909-1920

NEXTSTEPFOOTDOCS.COM

nextstep
foot & ankle centers

take the **nextstep** to health their feet!!

Visit one of our 12 convenient locations today!

3505 College Ave
Suite B
Alton, IL 62002
(618) 462-9695

3445 Bridgeland Drive
Bridgeton, MO 63044
(314) 739-7100

235 South Main Street
Suite B
Edwardsville, IL 62025
(618) 307-9015

1390 US Highway 61
Suite G1000
Festus, MO 63028
(636) 937-3338

12866 Troxler Ave
Highland, IL 62249
(618) 236-7444

784 Wall Street
Suite C
O'Fallon, IL 62269
(618) 236-7444

5383 State Route 154
Pinckneyville, IL 62274
(618) 236-7444

2071 Goose Lake Rd.
Sauget, IL 62206
(618) 857-2700

5139 **Mattis Road**
Suite 102
St. Louis, MO 63128
(314) 909-1920

8067 Mexico Road
St. Peters, MO 63376
(636) 379-2272

509 Hamacher Street
Suite 202
Waterloo, IL 62298
(618) 236-7444

3824 **Watson Road**
St. Louis, MO 63109
(314) 352-5436

