

July Newsletter



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Foot Funnies

What has a foot at each end and a foot in the middle?

a yard stick.

Summer Special

We are now offering a summer orthotic's 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!



<https://www.facebook.com/nextstepfootdocs>



Podiatrist Spotlight!

William Gerlach, DPM

Dr. Gerlach joined Next Step Foot and Ankle Center in August 2014. He received his podiatric medical degree at the California College of Podiatric Medicine. His surgical podiatric residency was completed in Los Angeles, California.

Dr. Gerlach has been practicing podiatric medicine since 1970. He is board certified by the American Board of Foot and Ankle Surgery and Orthopedics, American Board of Podiatric Medicine, and the American Society of Podiatric Surgeons. He has been involved in teaching the residents and students in Podiatric Medicine and Surgery throughout the Midwest.

Dr. Gerlach served 4.5 years in the US Air Force at Mather Air Force Base in California. In his spare time, he loves to golf!



nextstep  **foot & ankle centers was founded in 1996!**

July Birthdays!

17th - Dr. Ellen Colgan (Podiatrist)
19th - Dr. Anna DeSaix (Podiatrist)
22nd - Jacqui Colyer (Human Resources)
22nd - Amy Cuntz (Surgical Scheduler)
29th - Julie Locher (Billing Department)

5 tips for walkers & runners

Due to Covid-19, there has been an increase in outdoor exercising, which includes walking and running! Since the gyms are closed, and walking and running seems to be the inexpensive and only source of exercise during this time, we have 5 helpful hints to keep your feet and ankles in the best shape.

Wear the right shoe.

It is important to choose tennis shoes that are designated for running or walking. We suggest going to a professional athletic store to properly get your foot measured. In addition, be sure to replace your shoes every 300-500 miles, or until there is wear and tear on the shoe.

Start slow.

If you are a beginner, it is better for your feet if you start a slow, low intensity session. Then gradually increase your speed and length of your run. This will help you avoid Achilles Tendonitis.

Watch where you are going.

Ankle Sprains often are a result from pot holes in the roads and grass, or an object in your path. We recommend sticking to even surfaces and watching your feet to avoid a twisted ankle.

Stretch!

We cannot stress enough how important it is to stretch before and after your run or walk.

Do not ignore your foot or ankle pain.

Typically, there is muscle soreness when you begin first exercising. Although it is normal, extreme or sharp pains should not be ignored. Call us if this is an issue! Many of our podiatrists are avid runners and have first hand experience with this.



COVID-19 UPDATE

#weareallinthistogether

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!

We are continuing to clean our waiting and clinical rooms efficiently to protect our patients and employees.

We do ask that each patient wears a mask when they come in for their appointment! Thank you!

What's Coming?

NextStep Foot & Ankle Centers will **SOON** be offering State-of-the-Art Lower Extremity Imaging.

Bilateral, weight bearing scans of the foot and ankle give you the information you need to assess the biomechanical spatial relationships and alignment of the lower extremities.

- **Low Dose**
A bilateral foot scan from our system is a fraction of the radiation dose from a traditional CT.
- **Most Insurances Accepted**
Including Medicare!
- **Quick Scan**
Take less than 48 seconds a scan.



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

