

December Newsletter



happy holidays

This year has been tough on all. We are extremely thankful for all of our patients and employees during this Covid-19 pandemic. We hope you and your families have a wonderful holiday season and a happy new year!

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NextStep Foot & Ankle clinics will be closed the following dates;
Christmas Day - 12/25 | New Years Day - 1/1

Winter Orthotic Sale!

November 15th-December 31st

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

**These regularly
cost \$350 each!**

Podiatrist Spotlight!

Dr. Ellen Colgan



Dr. Ellen Hill Colgan is skilled in the techniques of foot and ankle surgery, sports medicine, wound care, and diabetic foot care. Her goal is to get her patients back on their feet as quickly as possible and back to the activities they enjoy.

Dr. Colgan completed her Podiatric Medical Training at Des Moines University – College of Podiatric Medicine and Surgery and her Master of Health Administration – College of Health Sciences in Des Moines, Iowa. She then completed her surgical residency at SSM DePaul Hospital in St. Louis, Missouri. Dr. Colgan enjoys the teaching aspect of medicine and continues to work with the residency program at SSM DePaul.

In her spare time, Dr. Colgan enjoys spending time with her husband and Ted, their Labrador, along with her two rescue cats, Gus and Woody. She enjoys all outdoor activities, but especially hiking, biking the Katy Trail, and gardening.

Medical School: Des Moines University College of Podiatric Medicine and Surgery 2015

Residency: DePaul Medical Center 2018

Board Certified: American Board of Podiatric Surgery since 2013

EMPLOYEE DECEMBER BIRTHDAYS

16th - Michelle Moore (Medical Assistant)

23rd - Rae Jackson (Medical Assistant)

23rd - Jessica Dawson (Medical Assistant)

23rd - Abby Niemeyer (Marketing Director)



FUN FOOT FACT

If you walk around 8,000 steps a day and live an average lifespan, you'll walk over 100,000 miles That's enough to circle the globe four times!

What's New?

Did you know, you can text us now?

Don't have time to call? Shoot us a text! Our central scheduling latest technology allows patients to text to schedule an appointment! Our system is HIPPA compliant, therefore, if you need to send your insurance card, or other medical documents it is safe and patient protected! Keep in mind, our Central Scheduling hours are 8:00am-5:00pm, Monday-Friday. If you text us while we are out of the office, no need to worry! We will get back to you as soon as we can! Below are the numbers you can use to text your questions, or book an appointment!

SOUTH COUNTY, MO | (314) 408-2868

ST PETERS, MO | (636) 259-4833

EDWARDSVILLE, IL | (618) 226-4450

O'FALLON, IL | (618) 266-3009

HIGHLAND, IL | (618) 266-2642

BRIDGETON, MO | (314) 208-3127

ALTON, IL | (618) 266-2838

WATSON ROAD, MO | (314) 208-2418

PINCKNEYVILLE, IL | (618) 243-0279

WATERLOO, IL | (618) 249-3551

FESTUS, MO | (636) 249-6961

FOOT FUNNY

What do you call a
foot that got
beaten at
everything?



De-FEETed!



Orthotics, Bracing, Diabetic Shoes

At Next Step Foot and Ankle Centers it is a priority to provide our patients with the proper foot wear, and equipment needed to improve mobility and overall foot health. We offer a full selection of diabetic shoes in many styles and sizes to meet your needs! Custom orthotics and inserts accommodate all foot sizes and styles of shoes to improve walking and exercising. Next Step Foot and Ankle Centers also provides patients with Moore Balance and Arizona brands of custom AFOs(Ankle-Foot Orthosis) to keep you on your feet! We also make available a variety of night splints, ankle braces, walking boots, and more to assist in improving patient mobility!

Take advantage of our winter orthotic special today by calling our office and scheduling your appointment today! One pair for \$250 and two pairs for \$400. Orthotic regularly cost \$350 each! Unlike other stores and podiatrist, our doctors and medical assistants are trained to size and customize your orthotics to fit perfectly!

WWW.NEXTSTEPFOOTDOCS.COM