

Table of Contents

- Total Ankle Replacement
- Work Comp
- Employee Birthdays
- Podiatrist Spotlight
- Foot Fact
- What's New?
- New Products!



Total Ankle Replacement

Ankle arthritis pain can take some of the magic out of life. It can limit your ability to enjoy everyday activities and share moments with those you love.

Patients suffering from painful end-stage ankle arthritis often cite lost mobility as a symptom that negatively impacts their daily life. Now, Dr. Lindsay Barth at Next Step Foot and Ankle Centers can offer its patients MoveWright™ Total Ankle Replacement, a procedure that has been designed to relieve arthritic pain and restores movement to the damaged ankle joint.

ABOUT - Ankle arthritis can often be traced back to a traumatic injury, and occurs when the protective cartilage between the bones gradually wears down. This bone-on-bone contact can cause pain, swelling, stiffness and reduced ankle mobility over time. MOVEWRIGHT™ Total Ankle Replacement replaces the damaged cartilage with a customized implant that bends and flexes to mimic the natural movement of a healthy ankle, allowing patients to get back to living an active lifestyle.

TREATMENT - When non-surgical treatments fail to provide relief from ankle arthritis pain, patients might explore surgery. Previously, options like fusion surgery only treated the pain associated with ankle arthritis while further limiting the ankle's natural range of motion by locking the joint into place. With MOVEWRIGHT™ Total Ankle Replacement, patients may finally get pain relief without sacrificing their movement. Patients can also return to activities after as early as 6-weeks, which is about half the recovery time of a fusion surgery

moveWRIGHT™
Total Ankle Replacement

Recapture the Freedom of Movement

If you have recently been injured at work, we can help!

Call us today to schedule your foot and ankle appointment.

(314) 909-1920



April Employees Birthdays!

5th - Jennifer Abke (Call Center)

5th - Bill Jenkins (COO)

12th - Rosealie Kreighbaum (Billing)

14th - Cindy Garamella (Medical Assistant)

25th - Lisa Force (Administrative Services)



April

Podiatrist Spotlight

This month we are spotlighting the founder and owner of NextStep Foot & Ankle Centers, Dr. Lindsay Barth. Dr. Barth is President and Founder of Next Step Foot & Ankle Centers. He is a leader in Advanced Foot and Ankle Surgical Techniques.

Dr. Barth received his podiatric medical degree at Des Moines College of Podiatric Medicine and Surgery in Des Moines, Iowa. His surgical podiatric residency was completed at Deaconess Hospital in St. Louis, Missouri.

Throughout the Midwest Dr. Barth provides lectures about Podiatric Surgery and Medicine to his peers and students. He is also actively involved in teaching the residents and students at DePaul Hospital. In addition to his position as senior partner of Next Step Foot & Ankle Centers, Dr. Barth has an interest in Walk Healthy Foot Care Products and Medical Spas.

Dr. Barth is an accomplished musician and is a frequent attendee of the St. Louis Symphony. In his spare time, you can find Dr. Barth renovating his 19th century historic home in St. Louis, boating, bicycling, hiking, and gardening.



**Did you know?
Feet are largest at
the end of the day.**



WHAT'S NEW?

Dr. Anna DeSaix and Dr. Ellen Colgan have adjusted their schedules to meet the needs of their patients!

Starting this month, Dr. DeSaix will be available for appointments at our South County clinic on Friday's.

Dr. Colgan will no longer be at South County. Moving forward, she will be in St. Peters on Fridays!

**Both doctors are accepting
new patients at their clinics**



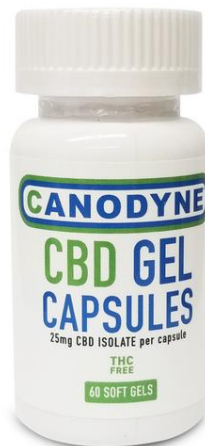
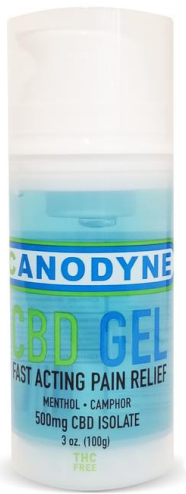
Dr. DeSaix



Dr. Colgan

NEW SELF-PAY PRODUCTS

Anti-Fungal & CBD Creams



- **Anti-Fungal Cream** - Tolcylan™ Antifungal / Nail Renewal Solution is the first and only antifungal, cosmetic, and nail renewal treatment, all in one product. It is available without a prescription and dispensed exclusively at NextStep Foot & Ankle Centers!
- **CBD Pain Gel** - Canodyne CBD Pain Gel is a fast acting pain relief! It is a verified premium product that combine the power of nature with proven pharmaceutical pain relievers.
- **CBD Capsules** - Canodyne CBD Isolate Gel Cap's are an excellent way to administer pure CBD to the body. Isolate is THC-free without preservatives or additives, just hemp derived CBD that's lab tested for quality and purity.
- **CBD Tincture** - Canodyne CBD Isolate Tincture's are an excellent way to administer pure CBD to the body. Isolate is THC-free without preservatives or additives, just hemp derived CBD that's lab tested for quality and purity.