

May Newsletter



Table of Contents

- Sports Podiatry
- Follow us on FB!
- Podiatry Spotlight
- Foot Fact
- Work Comp
- What's New?
- Employee Birthdays
- Self-Pay Products

Sports Podiatry

Whether you are a professional athlete or play sports just for fun, the demands made of your feet and lower limbs can lead to a range of injuries, including blisters, sprained ankles, torn ankle ligaments, shin splints (leg pain), knee pain, low back pain, and other joint or muscle problems. Added to these are common complaints such as corns, calluses and Athlete's foot. Your running style, poor footwear and even minor limb length differences can also contribute to an athletic injury.

5 Tips for Athletics Foot Care

- Wash your feet every day, and dry thoroughly.
- Wear only good-quality, well-fitting cotton socks.
- Always use the correct shoe for each sport and surface.
- Get in shape. Being overweight or out of shape places added stress on the feet. Condition yourself gradually with stretching exercises for 15-20 minutes before starting and after any activity ("warm-up" and "warm-down").
- Wear correct shoes. Footwear should be given the same consideration as any other piece of sporting equipment. Sports shoes should protect as much as possible, be durable, and should be right for the sport and surface. If running, the shoe should have adequate cushioning in the mid-sole and a flared heel for stability.



Follow us on Facebook!

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

Podiatrist Spotlight!

Dr. Jacob Lamb

Dr. Jacob Lamb received his podiatric medical degree at Des Moines University College of Podiatric Medicine and Surgery in Des Moines, Iowa. Dr. Lamb completed his three year surgical residency at Forest Park Hospital in St. Louis, Missouri.

As a board certified foot and ankle surgeon, Dr. Lamb is greatly experienced in all areas of podiatric care. Foot & ankle reconstructive surgery, sports medicine, and diabetic limb salvage are just a few of his specialties. Despite Dr. Lamb's proficiency at surgery, he emphasizes non-surgical treatment when possible. As the medical director of Next Step Foot and Ankle, he strives to give patients the best experience and coordinate the most effective patient care possible.

Dr. Lamb has been practicing podiatric medicine since 2006. He is actively involved with the DePaul Health Center residency training program, where he serves as a board member. He is a member of the American Board of Foot and Ankle Surgery, serves on the Board of Missouri Podiatric Medical Association, American Podiatric Medical Association, and the American College of Podiatric Foot & Ankle Surgeons. Dr. Lamb is currently serving as the treasurer of the Missouri Podiatric Medical Association.

Residing in Creve Couer, Missouri, Dr. Lamb is an avid sports fan that enjoys participating in and watching sports. He also enjoys spending time with his family, friends, and two dogs, Tank and Chopper.



Did you know?

Feet are at their largest at the end of the day.



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

Call us today to schedule your foot and ankle appointment.

(314) 909-1920



WHAT'S NEW?

It is an exciting time at NextStep which includes rapid organizational growth! We have recently hired four new team members to the medical assistant team! We are excited to welcome Makenzie, Brandi, Sam, and Kennedy!

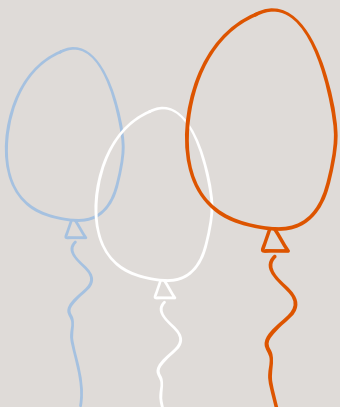
In addition, beginning this month, Dr. Lindsay Barth will be seeing patients now on Tuesdays in Bridgeton, MO, instead of Friday's. Please reach out if you have questions!

May Employees Birthdays!

19th - Anita Cottingham (MA)

23rd - Nikki Pappas (MA)

29th - Dr. Lindsay Barth (Podiatrist)



NEW SELF-PAY PRODUCTS

Anti-Fungal & CBD Creams

- **Anti-Fungal Cream** - Tolcylen™ 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.

