

What Causes Heel Pain & Plantar Fasciitis?

Heel pain is one of the leading causes that patients visiting Next Step Foot and Ankle Centers have treated. Plantar fasciitis (or heel pain) is commonly traced to an inflammation on the bottom of the foot. Our podiatrists can evaluate your arch pain, and may prescribe customized shoe inserts called orthotics to help alleviate the pain you are experiencing.

Plantar fasciitis is caused by inflammation of the connective tissue that stretches from the base of the toes, across the arch of the foot, to the point at which it inserts into the heel bone. Also called "heel spur syndrome," the condition can usually be successfully treated with conservative measures such as use of anti-inflammatory medications and ice packs, stretching exercises, orthotic devices, and physical therapy.

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Podiatrist Spotlight!

Dr. Krista Nelson

Dr. Krista Nelson is a board certified podiatrist who has been with Next Step Foot and Ankle Centers since 2012. 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 an avid runner and has a passion for treating sports-related foot and ankle problems. She also enjoys treating a wide variety of podiatric conditions, including: bunions, flat feet hammertoes, Achilles tendon problems, foot fractures, ingrown toenails, skin disorders and diabetic foot care. She sees patients of all ages: pediatric, adult, and older adult.

Dr. Nelson lives in Edwardsville with her husband and two children. She loves the outdoors and enjoys spending time at the many local parks and hiking trails with her family.

Medical School: Des Moines University-Osteopathic Medical Center 2009

Residency: DePaul Health Center 2012

Board Certified: American Board of Podiatric Surgery since 2017



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

Call us today to schedule your foot and ankle appointment.

(314) 909-1920

SUMMER 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!



WHAT'S NEW?

All clinics will be **closed on July 5th** in observance of the 4th of July Holiday!

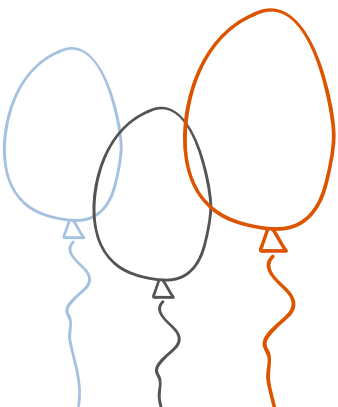
St. Peters renovations coming soon! Our St. Peters clinic is obtaining more space and expansions will be in the near future to accommodate patient volume! This expansion will provide the clinic with a much larger waiting room and an additional clinic room.

June Employees Birthdays!

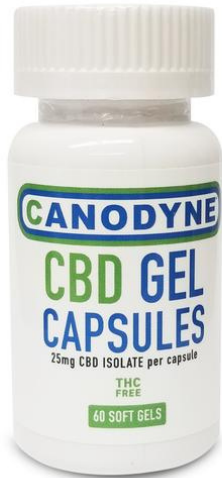
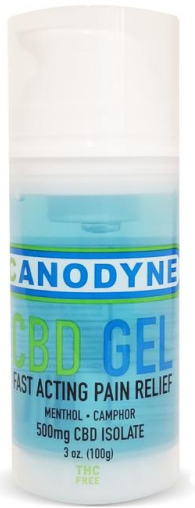
14th - Anna Biciocchi (Director of Revenue)

28th - Samantha Cushing (Pedorthist)

29th - Kennedy Mburu (MA)



SELF-PAY CBD PRODUCTS



- **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.

Fun Foot Fact

Rarely are two feet on a person the same size.

FOLLOW US ON TWITTER!

<https://twitter.com/FootNextstep>

