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## ORTHOTICS, BRACING, AND 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! We also have our own Pedorthist on staff that concentrates on the biomechanics of the feet and lower limbs. They provide comprehensive foot evaluations, custom foot orthotics, and recommend or modify footwear. 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!

**Check out page 2 for details on our SUMMER ORTHOTIC SALE going on now!**



# SALE! SALE! SALE!

## SUMMER ORTHOTIC SPECIAL



We are offering an orthotics self-pay special from May 1 to June 30. A self-pay orthotic regularly costs \$350 a pair.

**ONE PAIR FOR \$250**

**TWO PAIRS FOR \$400**

**THREE PAIRS FOR \$550** **NEW!**

Full payment is required at casting appointment. Please call us at 314-909-1920 or 618-236-7444 to book your appointment today!

# Pedorthist vs. Podiatrist

*What is the difference?*

## Pedorthist

- Areas of Practice: Foot orthotics and orthopaedic footwear. Pedorthists are specifically trained in the assessment of the foot and lower limb, the design, manufacture and fitting of custom foot orthoses, and footwear modifications, such as shoe lifts.
- Services Provided: Comprehensive foot assessments, Custom foot orthotics, modifications to orthotics, footwear modifications, orthopaedic footwear fitting, Off the shelf orthotics (non-custom), custom toe spacers, Bunion splints, Plantar Fasciitis Splints
- Training and Education: Courses on footwear fitting, lower extremity orthotic design, manufacture and materials, shoe construction and modification, and patient and practice management. Upon completion of their coursework, they are required to complete 1,000 hours of practical experience. The final stage is passing the examination board.
- Unlike a lot of podiatry groups, we have our very own pedorthist on staff to provided all footwear assessments!

## Podiatrist

- Areas of Practice: The assessment of the foot and the treatment and prevention of diseases, disorders or dysfunctions of the foot by therapeutic, orthotic or palliative means. Podiatrists may also communicate a diagnosis to their patient and perform surgical procedures on the bones of the foot.
- Services Provided: Comprehensive foot assessments, Skin and nail care, surgical procedures on the subcutaneous and bony tissues of the foot, and assess for/design custom foot orthotics.
- Training: 4 year Undergraduate degree and Doctor of Podiatry Medicine degree (DPM)
- Certification/Credentials: Doctor of Podiatric Medicine (DPM)
- Overall, NextStep has 11 podiatrists on staff throughout all 11 of our clinics.





# PODIATRIST SPOTLIGHT

## MIA THOUVENOT, DPM

Dr. Mia Thouvenot received her podiatric medical degree at Ohio College of Podiatric Medicine. She then completed her surgical residency at SSM DePaul Hospital in St. Louis, Missouri.

Dr. Thouvenot is member of the American College of Foot and Ankle Surgeons, American Podiatric Medical Association, and Missouri Podiatric Medical Association.

During residency Dr. Thouvenot received extensive training in evaluation and treatment of foot, ankle, and lower leg pathology.

As a former collegiate Track and Field and Cross Country runner for Miami University in Oxford, Ohio where she completed her undergraduate degree. She 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. Thouvenot was born in Lafayette Louisiana and raised in Columbus Ohio. She has found her home in the Greater St Louis area in O'Fallon, IL. In her spare time she enjoys spending time with her husband and three sons, hunting, hiking, camping and spending as much time outdoors as they can. She loves following the local sports teams; as well as the teams she grew up watching. She also enjoys cooking, especially the Cajun meals she grew up eating.

**Medical School:** Ohio College of Podiatric Medicine, Cleveland, OH 2012

**Residency:** Mineral Area Regional Medical Center 2016

**Dr. Thouvenot is available at the following Offices:**

**Highland, Sauget, and Pinckneyville**







# Upcoming Employee Birthdays!

Kate M, May 6  
Lauren, May 8  
Nikki, May 23  
Dr Barth, May 29

## TRY THE VIRCIN WART TREATMENT

VIRCIN is a wart medication that employs an immuno-modulator along with salicylic acid and an anti-viral to provide a one-two-three punch in combating plantar warts. What makes VIRCIN unique is that it is the only product that contains both an antiviral and an immuno-modulator. The antiviral kills the HPV virus, and the immuno-modulator triggers an immune response to clear the virus and prevent recurrence. In a clinical study VIRCIN cleared plantar warts in 88% of patients. VIRCIN It is available without a prescription and dispensed exclusively at NextStep Foot & Ankle Centers!



# Follow us on Social Media!

