



## Table of Contents

- Start the School Year on the Right Foot
- Podiatrist Spotlight
- Employee Birthdays
- Upcoming News
- Self-Pay Products

### Start the school year on the right foot!

You are probably busy getting your children ready for the first day of school and a good pair of school shoes are an essential item along with the numerous items on your children checklist. We are here to offer some helpful tips to ensure your child's school year starts off on the right foot!

On average, your child will spend about six hours a day in the classroom, five days a week and it is important they have proper fit and comfortable shoes for school activities. Wearing improperly shoes can hurt your child's feet in the long run. Below are a few key components to purchasing a quality shoe.

**Fit** – Shoes that do not fit properly will irritate your child's feet and have the potential to lead to larger problems. Choose shoes that fit the length and width of your child's foot. Your child should be able to wiggle their toes within the toe box easily.

**Materials** – Your child's school shoes should be made of a breathable, water-resistant material to reduce the risk of fungal growth and smelly feet. The outside should be made of strong rubber to allow for proper shock absorption.

**Flexibility** – The sole of the shoe should be supportive with a firm heel and solid arch support. Shoes should only bend and flex at the ball of the foot to allow for easy propulsion and movement, proper shoes should not bend in the middle or be too rigid.

Some other considerations to remember is to always purchase for the larger foot. Avoid reusing hand-me-downs tennis shoes because the support of that shoe may be worn down and not offer the support. Lastly, remember to check your child's shoe regularly. You may need to purchase a new pair of shoes throughout the school year because children tend to grow up one or two sizes a year.

Ten out of our eleven doctors recommend Asics shoes to support your every move. They offer great support, half sizes, and several color options. Additionally, they are affordable! Other tennis shoes that our doctors suggest are Brooks, New Balance, and Hoka.

For toddlers, it is important to make sure to check their shoes that they fit appropriately, and they have not outgrown them. Check to ensure your child has a wide toe box to their shoe with a little bit of some flex to the toes of that shoe, some rigidity to midfoot, and stiff heel. For school age children, it is important to consider what they are doing in the shoe, a certain sport, walking, jumping, or running outside for example. Stride Rite and See Kai Run have more flexible options for young kids as they need to develop intrinsic musculature. Underarmor has some good options, and the Target brand Cat and Jack are also suggested by our podiatrist. Crocs are a good alternative as well as opposed to a flat sandal/flip flop.

If you are having trouble finding the right size shoe for your child, we can help with a fitting and measurement. This school year, make sure your child starts it off right by scheduling their annual foot assessment and exam with our office.



# PODIATRIST SPOTLIGHT

## Dr Sam Bernard

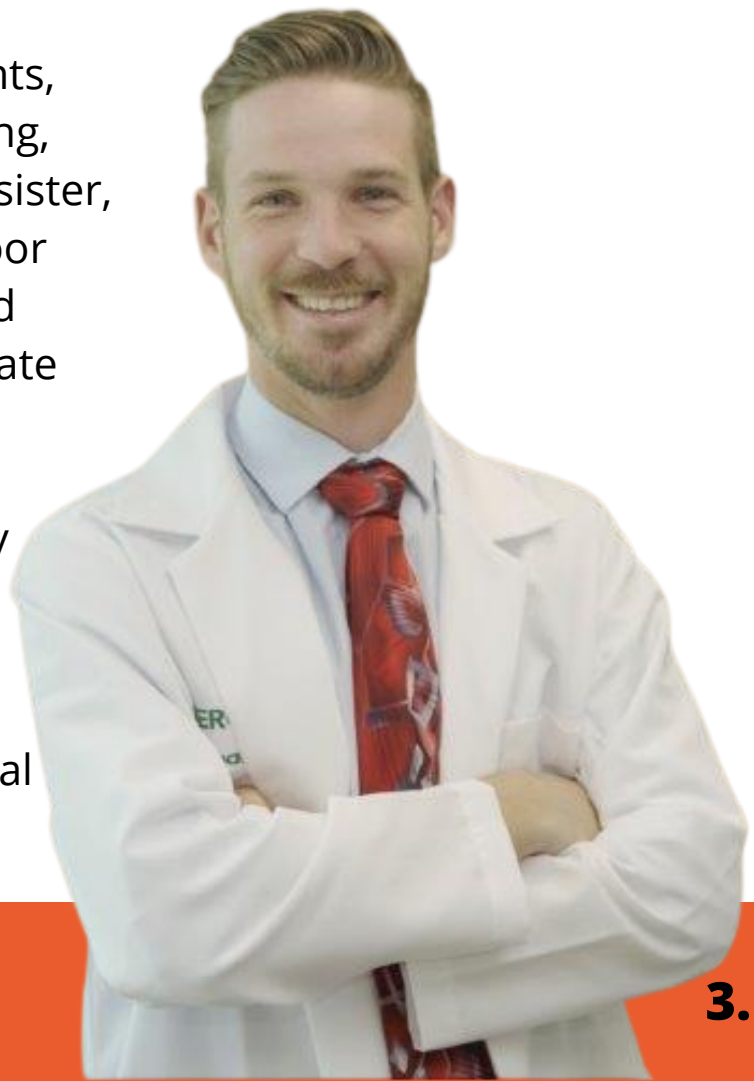
We welcome Dr Sam Bernard to NextStep Foot & Ankle Centers!

Dr Sam Bernard is originally from Galena, IL and moved to the state of Iowa for several years for school. However, he now resides in St. Charles, MO where he will begin practicing here at Next Step Foot & Ankle Centers! He received his podiatric medical degree from Des Moines University – College of Podiatric Medicine and Surgery and completed his three-year podiatric residency at MercyOne Waterloo Medical Center in Waterloo, IA in the summer of 2022.

When Dr Bernard is not treating patients, you can catch him outside hiking, fishing, camping, and hunting. Sometimes his sister, Dr Ellen Colgan, joins him on his outdoor adventures. He also enjoys eating good barbeque and cheering on the Iowa State Cyclones in his free time.

Medical School: Des Moines University  
– College of Podiatric Medicine and  
Surgery – 2019

Residency: MercyOne Waterloo Medical  
Center in Waterloo, IA – 2022



# *Upcoming News*

- Dr Anna DeSaix officially left Next Step Foot & Ankle Centers on July 28, 2022. We wish her the best in all her future endeavors. Our new doctor, Dr Sam Bernard will be practicing in our South County location starting on August 1. If you have questions or concerns, feel free to call our office at 314-909-1920.
- Dr Lynch will be only practicing in Festus, MO only on Wednesdays. She will now be in South County/Mattis Road on Thursdays treating patients.

## *Upcoming Employee Birthdays!*

### **August:**

Kaylee, August 4  
Dr King, August 24  
Jenna, August 29



## **VIRCIN Advanced Wart Treatment**

\$45 - 14gm



## **Antifungal Solution**

\$60 - 7.5ml



## **CBD Pain Gel**

\$60 - 500mg

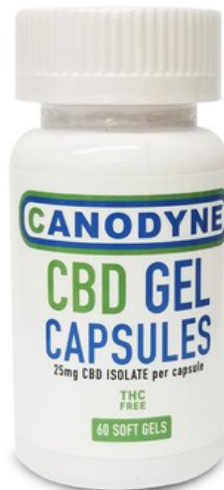
\$80 - 1000mg



## **CBD Capsules**

\$50 - 30ct

\$70 - 60ct



## **CBD Tincture**

\$80 - 1000mg



**All products are self-pay only. They cannot be billed to insurance.**