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Causes of hammertoe include improperly fitting shoes and muscle imbalance. Treatment for the condition typically involves shoes with soft, roomy toe boxes and toe exercises to stretch and strengthen the muscles. Commercially available straps, cushions or non-medicated corn pads may also relieve symptoms.

DO YOU KNOW WHAT'S SCARY? HAMMERTOES

A Hammertoe is a deformity of the second, third or fourth toes. In this condition, the toe is bent at the middle joint, resembling a hammer. Left untreated, hammertoes can become inflexible and require surgery. People with hammertoes may have corns or calluses on the top of the middle joint of the toe or on the tip of the toe. They may also feel pain in their toes or feet and have difficulty finding comfortable shoes.

Normal



Hummer toe



PODIATRIST SPOTLIGHT

Ellen Colgan, DPM



Dr. Ellen Hill Colgan is skilled in the techniques of foot and ankle surgery, sports medicine, wound care, and diabetic foot care. Her goal is to get her patients back on their feet as quickly as possible and back to the activities they enjoy.

Dr. Colgan completed her Podiatric Medical Training at Des Moines University – College of Podiatric Medicine and Surgery and her Master of Health Administration – College of Health Sciences in Des Moines, Iowa. She then completed her surgical residency at SSM DePaul Hospital in St. Louis, Missouri. Dr. Colgan enjoys the teaching aspect of medicine and continues to work with the residency program at SSM DePaul.

In her spare time, Dr. Colgan enjoys spending time with her husband and Ted, their Labrador, along with her two rescue cats, Gus and Woody. She enjoys all outdoor activities, but especially hiking, biking the Katy Trail, and gardening.

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

Master of Health Administration – College of Health Sciences in Des Moines, Iowa

Residency: SSM DePaul Health Center 2018

Board Certified: American Board of Podiatric Surgery since 2022

Dr. Colgan is available for appointments at the following offices:

St. Peters, MO Office

Bridgeton, MO Office



UPCOMING NEWS

- We are implementing a new EMR system into all 12 of our locations starting November 14. Please be patient with us as we transition into a new health records system in November and December. This will benefit all of us here at NextStep and you!
- Our company is on the move! We have doubled in size in 4 years and have aggressive growth plans in the future. You will find our work environment casual with a strong emphasis on teamwork. We have high standards for our employees; however, we also know how to have fun. Come join us by sending your resume to our HR Department at HR@footandankle-usa.com. We are currently seeking:
 - Certified Medical Assistants
 - Medical Billing Specialists
 - Call Center Representatives



Fall into healthier and happier feet this autumn!

Book your next appointment today!



**VIRCIN Advanced
Wart Treatment**

\$45 - 14gm

For the removal of plantar warts on the bottom of the foot. The plantar wart is recognized by its location only on the bottom of the foot, its tenderness and the interruption of the footprint pattern. For the removal of common warts. The common wart is easily recognized by the rough "cauliflower-like" appearance of the surface.

**Antifungal
Solution**

\$60 - 7.5ml

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

\$80 - 1000mg

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

\$50 - 30ct

\$70 - 60ct

Canodyne CBD Isolate Gel Caps 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

\$80 - 1000mg

Canodyne CBD Isolate Tinctures 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.

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