

Newsletter

Start the year on the right foot!

Orthotics, Bracing, Diabetic Shoes

In the United States there are over 29 million people who have been diagnosed with diabetes, and at least another 9 million people who are undiagnosed. All diabetics are at risk for injury to their feet. Poorly controlled blood sugar can damage many parts of the body, including the nerves and vessels that go to the feet. Because of this, people with diabetes have an increased risk of developing foot problems. Wearing specially designed shoes can help reduce risk and promote healthy circulation in your feet.

What is a Diabetic Shoe?

A diabetic shoe is sometimes referred to as extra depth, therapeutic shoes, or orthopedic. They are specially designed shoes, or shoe inserts intended to reduce the risk of skin breakdown in diabetics with pre-existing foot disease. The shoes must also be equipped with a removable orthosis.



What is an Orthotic?

Orthotics are custom shoe inserts that are often used as a method of control to treat many types of foot and ankle problems. Although orthotics are not truly “arch supports,” they are perhaps best understood with those words in mind. Through performing functions that make standing, walking, and running more comfortable and efficient, orthotics have been a highly successful and practical treatment for foot problems.

What is a Brace/Splint?

Splints, also sometimes called "half casts," immobilize your foot or ankle. They provide less support than casts, but they also have fewer complications. Because they're fast and easy to apply, patients can be in and out of their doctor's office faster than if they get a cast.



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! 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!

This Months Fun Fact!

Want to go for a walk? On average, a person logs 115,000 miles in a lifetime—this is about the distance of about 5 trips around the earth.



Employee January Birthdays:

- Tina, January 6
- Dr Hawthorne, January 14
- Dr Lamb, January 24



Joke of the Month

Why did my brother say he was having a bad day?

Because he started on the left foot.

Podiatrist Spotlight

Nick Martin, DPM

Dr. Martin has been practicing in the St. Louis area for nearly 15 years. He attended as an undergrad at the University of Evansville, followed by Medical School at Des Moines University for the College of Podiatric Medicine and Surgery program. He completed his podiatric medicine residency at Forest Park Hospital in St. Louis, Missouri in 2007. After residency, he stayed in the St. Louis area to practice full-time, but recently moved to Waterloo, IL with his wife and seven children.

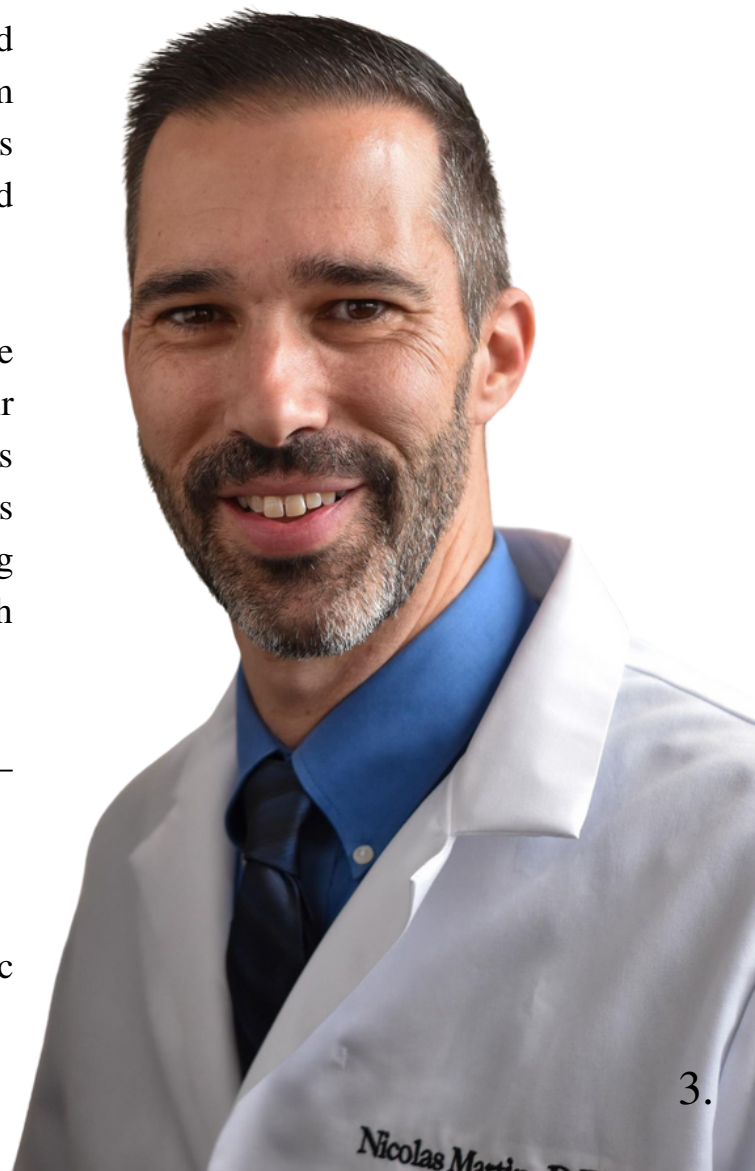
Dr. Martin grew up in Indianapolis, IN. In high school, Dr. Martin obtained his first foot injury and visited his local podiatrist. This podiatrist helped him get back to doing what he loves most, running! This situation grasped his love for the podiatry field and why he became a foot and ankle specialist!

Dr. Martin enjoys all aspects of the podiatry field. He relishes the success of getting a patient back on their feet to their normal lifestyle. He really enjoys treating sports and Achilles tendon injuries. In his extra time, he enjoys rock music and attending concerts. Additionally, he likes to spend time with his family, going on outdoor runs, and yoga.

Medical School: Des Moines University – Osteopathic Medical Center – 2004

Residency: Forest Park Hospital – 2007

Board Certified: American Board of Podiatric Surgery since – 2018



Update/News Section:



- **New Electronic Medical Records System.** We have implemented a new EMR system into all 12 of our locations on November 14. Please be patient with us as we transition into a new health records system. This will benefit all of us here at NextStep and you!
- **Short Staffed.** We are understaffed just like the rest of the world. Please be patient with our call center, medical assistants, doctors, and billing teams. Our average call hold time is 10-15 minutes. Please feel free to leave a message and we will return your call by the end of the next business day. Please be kind. We are doing our best!
- **Hiring!** 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
 - Call Center Representatives
- **Goodbye Dr Basso.** Wednesday, December 21st, 2022 was Dr. Douglas Basso's last day at Next Step Foot & Ankle Centers. But not to worry! Dr Sam Bernard will be joining the Alton team! Additionally, Dr. Bernard will be staffed at the OSF clinic on Wednesdays.
- **Welcome Dr. Nick Martin!** Learn more about Dr. Martin on page 3.
- **Upcoming Clinic Closures:**
 - January 2 – New Year's Day Observed

www.nextstepfootdocs.com
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