



Leaders in Exceptional Healthcare Solutions

September 2013

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Stop Foot Pain While Walking on Concrete!



The average person walks somewhere between 75,000 to 115,000 miles in their lifetime! Wow! That's almost 5 times around the world at the equator! Sadly, most people spend a lot of those walking miles at work. Even worse, this is often on concrete floors with lots of intermittent standing.

Walking and standing is an integral part of the job for many people including teachers, lawyers, factory workers, flight attendants, nurses, and so many more! This by itself can, at times, be downright painful. Add a previous foot injury or an inherited challenging foot type and you have significant foot pain!

Certain injuries can develop right away, such as blisters on the toes, plantar fasciitis or arch pain, tendonitis, sore muscles, and low back pain. Long-term effects can include bunions, hammertoes, neuromas, varicose veins, and increased chances of osteoarthritis. I try to help all of our patients reduce standing and walking related injuries while on the job by advising them of a few simple tricks. These include shifting your weight from foot to foot, standing with one foot in front of the other instead of side by side, or placing one foot on a small stool while standing. Rubber mats can also help if you can install them. Proper fitting, supportive shoes and moisture-wicking socks are also extremely important. You would be amazed on how many people are wearing the wrong size and wrong type of shoes!

The right shoes for standing and walking on concrete:

For airport, warehouse, medical, retail and factory workers who spend the day standing on concrete floors, a quality pair of running shoes can prevent foot injuries from happening.

Running shoes have a specially designed midsole that provides support to the soft tissue of the arch and distributes stress. Adding a quality arch support can also help. If this sounds like you, then a trip to Healthy Steps is in order. We can fit you in the correct size shoe with a good support.

Purchasing orthotics, Custom vs. Over-the-counter:

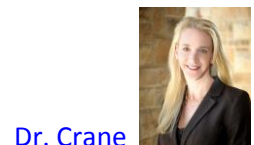
Orthotics are inserts that one puts in a shoe to prevent injury and help distribute abnormal stress. While some orthotics are custom made, Healthy Steps offers a wide line of over-the-counter orthotics priced anywhere from \$40-\$75. A set of orthotics placed inside your tennis shoe can provide cushioning to the foot, support the arch, or ease heel pain brought on by walking on concrete. Most OTC orthotics will last 6-9 months before they need to be replaced. Custom functional orthotics are sometimes necessary due to shoe type constraints, previous injuries or surgery, and challenging foot types. If an OTC insert doesn't take care of all of your issues, then one of our Doctors or Pedorthist can easily fabricate you into a quality custom orthotics. Luckily, these last a lot longer than OTC.

Quality socks

To provide additional cushioning, moisture wicking padded socks can prevent blisters from forming on the toes.

[continue reading Dr. Crane's article](#)

Meet our Doctors!



[Dr. Crane](#)



[Dr. Stickney](#)



[Dr. Giacalone](#)



[Dr. Karpati](#)



[Dr. Steinke](#)

Foot and Ankle Associates of North Texas Healthy Steps Shoes

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Fall *in love with new shoes*

Hard to believe the fall season is preparing for a landing! It's time to take a look at your closet and inspect your shoes. Shoes will break down over time and it is important to replace your shoes regularly. Many think if the shoe looks good all is well however this is not the case. Shoes regardless of the amount of care given to maintain them do break down over time. We recommend once a year to replace your casual or dress shoes. In some cases if daily wear occurs with the same pair of shoes, they may need to be replaced more frequently.

Here are a few tips to consider when you look at replacing your shoes:

Do you see signs of wear?

The treads on the sole of the shoe should be visible without "bald spots".

Is the wear pattern even or to one side of the shoe?

Properly fitting shoes as well as the right type of shoe should show signs of even wear on the sole over time.

Are the seams intact both outside and inside the shoe?

Is the shoe flexible or have firmness. If the shoe is too flexible, it may not be supportive enough for your feet.

If you are uncertain of the life left in your shoe, bring them in to Healthy Steps and we will take a look at the shoes for you. Bring along socks you intend to wear with your fall/winter shoes, orthotics if you wear them and your feet! We will measure your feet and fit you into a style of shoe appropriate for your foot type that works for you and your lifestyle. Hard to fit feet are welcome and special ordering is available if needed. Visit us at our [Grapevine and Keller locations](#)!



Sandal Sale at Healthy Steps!

It's end of season for sandals at Healthy Steps but we still have styles in stock!

Visit with us at our Grapevine or Keller locations

Hurry while supplies last!



Information Is Important!

Have you ever wondered why you have to fill out paperwork when you go to the doctor? The medical industry is a heavily regulated industry, subject to compliance by a number of state and federal entities. Though the regulations are necessary to protect patients, the rules are often onerous for both the consumer and the facility. In some cases both the provider and the patient may be subject to severe penalties, over \$5,000, if the information submitted is inaccurate.

In order to comply with this regulation, our office updates each patient's record on an annual basis; therefore, we are able to provide insurance carriers with the most accurate information. This includes updating the patient's demographics, current condition and past medical history. Furthermore, we utilize a patient's update to inform them about our office policies and to complete an assignment of medical benefits.

In addition, our office participates in the Federal Meaningful Use Program. Some of the requirements of this program include census information requested by the Office of Management and Budget. The requirements include; vital signs, smoking status, shoe size, and a litany of other Meaningful Use Measures. Ultimately the government plans to use the information to better understand our populations' health and improve our nation's healthcare.

We are dedicated to our patients' health and work diligently to meet the many requirements that we face to maintain a viable medical office. Patients' and doctors' must work as a team to meet the needs of the patients' and the authorities that regulate FAANT.

Welcome Dr. Stickney!!!



Dr. Nathan Stickney obtained his Doctor of Podiatric Medicine from William Scholl College of Podiatric Medicine in Chicago, IL. He then returned closer to home to complete his three year surgical residency at JPS Hospital in Fort Worth, Texas.

In his surgical residency he trained at a level one trauma center specializing in trauma, reconstructive forefoot/rear foot surgery and diabetic limb salvage. Dr. Stickney is an avid sports fan who enjoys playing golf, basketball, and running or attending any sporting event he can. He is an associate member of the American College of Foot and Ankle Surgeons and is board qualified in foot and ankle reconstructive surgery. He also enjoys spending outdoors with his Greater Swiss Mountain dog, Stella.



foot and ankle associates
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FAANT Thought....

**You can't depend on
your eyes when your
imagination is out of
focus.**

Mark Twain