
Best Steps®

June 2024



Healing Your Heels

We don't want ***you*** to be one of the over 2 million Americans who suffer from heel pain.

[Read here](#) about the most common sources of heel issues and how we can help you avoid discomfort.



Kudos To Our [Lake In The Hills](#) Office

" I can't say enough good things about Dr. Stack. She was incredibly kind, thorough, competent, and professional. She listened intently about another health condition that I have that could be related to the one I saw her for, and ordered some blood tests to help determine what could be done next. The office staff was friendly and professional, and I didn't have to wait long at all. I would highly recommend this practice and this doctor." Jenny

"I am very pleased with the service and care that I received from Dr. Thometz. He was very thorough and listened to my concerns and I was not rushed. The staff was equally professional as well. Thank you." Jim

"This was my first experience with a Podiatrist. I'm happy to say the Doctor, Nurses, Office Personal were very professional and welcoming. The method to diagnose the issue correctly was thorough and on-point. The treatment to address the issue was effective. I wish ALL medical issues could be addressed this way!" Niki



We appreciate your comments on our Google Business Listings, Facebook, Instagram, and LinkedIn pages.

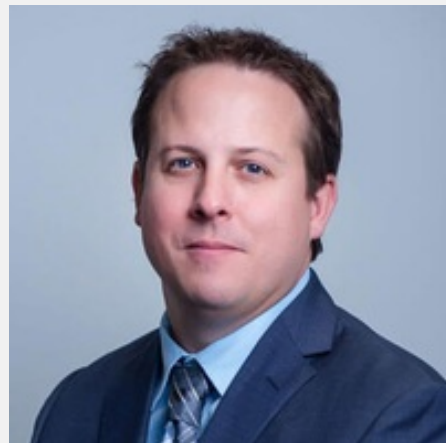


Manage Ankle Sprains Like A Pop Star!

When you've put excessive force on your ankle while practicing your dance moves or playing sports, [read our expert advice](#) to get you back into action - *fast!*



[Dr. Walter Alm](#), [Dr. Michael Lacey](#), and [Dr. Natasha Bhagat](#) (left to right) provided expert foot care guidance to visitors at the Edgewater Home & Lifestyle Expo in Elgin.



[Dr. Patrick McEneaney](#), NIFAS Owner and Chief Executive Officer, was in the news twice this month.

Read [Dr. McEneaney's sizzling summer sandal tips](#) from the interview in BestLife, a premier lifestyle site.

Dr. McEneaney also advised [Huffpost](#) on achieving proper arch support and comfort when selecting slides.

[Book an Appointment](#)

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