

*When your  
feet need  
a little*

*TLC...*



Trust the  
experts at



Look inside, and

discover all the ways

A Step Ahead Foot & Ankle Center

can help you stay on your feet.

When you suffer from a painful foot injury or chronic condition that interrupts your active life, you deserve a little TLC. And that's just what you'll find at A Step Ahead Foot & Ankle Center. But that's not all. You'll also have the confidence of knowing that you're being treated by leading foot and ankle specialists with all the latest technology:

- Our podiatrists have over a half century of combined experience.
- Our podiatrists use the latest technology, like quick and gentle laser wart removal; noninvasive orthotripsy heel surgery; diagnostic ultrasound and high-speed, low-dose X-rays for a more accurate diagnosis of foot and ankle problems; and minimally invasive arthroscopic and endoscopic techniques for greater comfort and faster recovery. We also have the Q-Clear Laser for the treatment of toenail fungus.
- Our podiatrists have helped thousands of families and individuals of all ages to walk without pain and with greater comfort.
- Our podiatrists know their patients by name and go out of their way to pamper them. Treatment and therapy is always personalized for each patient's specific needs. Appointments are unrushed, and patients are called at home after surgery to see how they are doing.

From advanced nonsurgical treatments...to minimally invasive surgical solutions and preventive services...to friendly and caring service...to guaranteed satisfaction, our foot and ankle specialists deliver comprehensive care you can trust. Our entire practice is committed to making your care as comfortable and convenient as possible.

# Meet your foot & ankle specialists...



## Robert C. Schulte, DPM

DPM: Scholl College of Podiatric Medicine; Surgical Residency: Loretto Hospital & Hugar Surgery Center; Fellow: American College of Foot & Ankle Surgeons; Certified: American Board of Podiatric Surgery; Member: American Podiatric Medical Association, Colorado Podiatric Medical Association



## Chad M. Knutsen, DPM

DPM: Scholl College of Podiatric Medicine; Fellow: American College of Foot & Ankle Surgeons; Surgical Residency: Mercy Hospital & Medical Center; Certified: American Board of Podiatric Surgery; Member: American Podiatric Medical Association, Colorado Podiatric Medical Association



## Michael J. Burns, DPM

DPM: California College of Podiatric Medicine; Fellow: American Board of Podiatric Surgery, American Board of Podiatric Orthopedics; Member: American Podiatric Medical Association, Colorado Podiatric Medical Association

## Soothing, effective treatments for:

Flat feet, high arches, heel pain, bunions & hammertoes • Laser wart removal  
Nail problems • Ankle sprains, fractures & chronic pain • Diabetic foot care  
Infant deformities • Sports injuries & prevention • Corns & calluses  
Nerve problems • Skin problems  
Laser for the treatment of Toenail Fungus

## Care that fits your schedule and budget:

- Flexible payment plans • Major insurance & credit cards accepted
  - Morning, lunchtime & evening hours
  - Same-day appointments



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# If your feet are failing you, it's time to see a specialist.

Heel pain or the pain of hammertoes, corns, bunions, or an injury can make it hard to walk...stand...or do just about anything. That's why you need to visit a foot and ankle specialist.

And why so many area physicians refer patients to A Step Ahead Foot & Ankle Center. They know our experienced podiatrists can ensure their patients the quickest relief from foot pain, just as they have already done over the years for thousands of people.

So you can rest assured that your feet are in caring hands.

## Your satisfaction is guaranteed.

Our treatment approach is based on a strong



commitment to quality and genuine concern for each patient's needs. And although by law no podiatry practice can guarantee results, we can and do guarantee your satisfaction.

We're committed to patient satisfaction and promise that you'll be satisfied with our care — or we'll work with you until you are.

## Treating each patient with understanding.

People have foot pain for many reasons. When it's hard to identify the cause of your pain, you may think it's easier to "just live with it." So you buy new shoes, walk less, maybe even take time off work and lose income — all because of sore feet. This is no way to live, especially when there are so many solutions available. Why give up the things you enjoy?

We take great pride in our ability to treat foot and ankle ailments with advanced technology, professional judgement, and understanding of your concerns. By taking more time with your exam, our doctors can diagnose your problem accurately — the first time.

And because we offer the convenience of high-tech, low-dose X-rays, diagnostic ultrasound, laser foot care and in-office surgery, you won't have to go off-site for comprehensive care. Your first exam may include:

- Private consultation with one of our doctors
- Complete health history
- Physical exam of your feet and ankles
- Gait, posture and joint-mobility tests
- Thorough exam of the problem areas
- Neurological and circulation assessments
- Ultrasound diagnostics and low-dose X-rays
- In-depth discussion of test results and treatment recommendations

## Worried about your treatment? Don't be.

Our doctors always examine nonsurgical solutions first. If they can solve your problem with medication, physical therapy or orthotics, they will. If you need surgery, you'll feel at ease in the comfortable surgical facility we use. Our doctors also combine multiple treatment methods whenever possible, to get you out of pain quickly and ensure that you don't miss a single step of your busy life.

## Lasting pain relief often has a simple solution.

Our doctors do more than just relieve your foot pain — they do everything possible to make sure it doesn't return. They offer several simple options for lasting relief, including:

**Custom-designed orthotics:** These shoe inserts can often relieve even severe foot pain without the need for surgery. Our lab is fully equipped for custom-fitted orthotics and accurate adjustments, guaranteed.

**Laser therapy:** We offer the latest in laser technology for the treatment of onychomycosis (toenail fungus). The Q-Clear Laser is FDA approved and only takes 5 minutes per treatment. Normally, only 1 treatment is necessary. With a cost starting at only \$300.00, it's worth seeing if you are a candidate.

## Fast, effective relief for a wide variety of problems.

If left untreated, chronic foot or ankle problems often cause increasing discomfort and permanent problems. That's why it's important to seek treatment from an experienced foot specialist. We offer solutions for a wide variety of conditions, including:

- **Ingrown toenails and fungus:** Ingrown toenails can be treated in our office using a gentle, time-tested procedure for immediate results. Discolored or spongy toenails may indicate fungus — an embarrassing, unhealthy, often painful condition. Fortunately, we can treat this too.
- **Heel pain syndrome:** Painful lumps can grow behind or under the heel bone, and our doctors can relieve your pain quickly and easily — usually without invasive surgery. They use custom orthotics, medication, or physical therapy to help you walk comfortably again.
- **Bunions:** These bumps on the side of a big toe can be corrected with the latest techniques. Untreated, they can affect walking and balance — especially in older patients.
- **Hammertoes:** This condition makes the toes curl downward unnaturally while the toe joints tighten. An advanced corrective procedure can straighten the toes, so you can stand and walk without pain.
- **Corns and calluses:** These are usually formed when the shoe comes into contact with the feet, causing friction and irritation. Our doctors can usually eliminate your pain in one visit.
- **Neuromas:** Morton's Neuroma is a common foot problem associated with pain, swelling and/or inflammation of a nerve, usually at the ball of the foot, often described as occasional shooting pain out of the toes. Our doctors have effective treatments to combat neuromas.
- **Children's foot care:** Early correction and prevention are the keys to healthy feet. That's why our doctors have special programs for flat feet, toeing in and toeing out.



- **Active adult foot care.** Sports and the active lifestyle can take a toll on your feet too. These unique stresses require extra attention. And our doctors deliver it every time.
- **Senior foot care:** Years of use can take their toll. As you get older, your feet require extra attention. No matter what your concern, you can trust our doctors' advanced methods, conservative treatment approach, and compassionate understanding to get you back to your active life.
- **Diabetic foot conditions:** Every diabetic should visit a podiatrist regularly. Without careful monitoring, even the smallest injury can become critical. We can help you guard against infection, foot ulcers, and damage caused by poor circulation.

## Walk on over.

We have two convenient, handicapped-accessible locations to serve you, so help for your feet is always close at hand. Emergency care is available, and same-day appointments are welcome. Appointments can be scheduled in the early morning, at lunchtime or in the evening for your convenience.

No one should ever put off medical care because of cost. To make it easy to get the care you need, we accept most insurance, and our friendly staff will even file the paperwork for you. For the uninsured, we offer flexible payment plans. Visa, MasterCard, American Express and Discover are always welcome, too.

Don't put off the care you need. Call for your appointment, and discover why so many patients have trusted their feet to our tender loving care.



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