



Southern Star Foot & Ankle

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Hours:

Monday-Friday: 8:00 a.m.-5:00 p.m.



Dr. Schmitt and his wife, Bekki, are a team dedicated to giving you the best care possible.

A Helping Hand for the Feet

Dr. Schmitt specializes in diagnosing and treating all ankle and foot problems.

— By Betty Tryon

Most people don't consider the importance of their feet until trouble arises. Considering how essential they are to the ability to stand, walk and run, it pays to give them the attention they deserve. Dr. Schmitt, podiatrist, specializes in every aspect of care for the feet and ankles.

In pursuing his goal of becoming a podiatrist, Dr. Schmitt earned his Doctorate in Podiatric Medicine at Podiatric Medical School at Des Moines University in Des Moines, Iowa. After completing his residency at St. John Hospital and Medical Center in Detroit, Michigan, Dr. Schmitt joined the practice of another physician. After a year, he left to open his own practice, Southern Star Foot & Ankle. "That year working with another physician helped me immensely in learning the day-to-day operation of how to run an office including the billing and insurance

information," Dr. Schmitt said. Assisting him in his work is his wife, Bekki. She has a master's degree in education but for now, she chooses to help her husband in their business. "From the moment a patient walks in, they are dealing with my wife or me," observed Dr. Schmitt. "We do our own bookkeeping, ordering of supplies, cleaning and inventory."

Dr. Schmitt, of course, is the one who examines, diagnoses and treats any presentation of foot and ankle pathology. Some conditions he treats are pediatric deformities, such as club foot. Other conditions Dr. Schmitt treats are: flat footedness, ingrown toenails, puncture wounds, nail fungus, bunions, hammertoes, ankle sprains, fractures involving the ankle or foot, high arches, diabetic foot care, diabetic wounds, gout and many other conditions. The doctor sees a mixture of problems but admits to

Business **NOW**

treating a high number of patients who have plantar fasciitis. He knows some types of shoes are not our friends and can lead to complications. "People buy cheap flip-flops, and those shoes don't help plantar fasciitis," he instructed. "Don't buy shoes that do not support the feet,

"From the moment a patient walks in, they are dealing with my wife or me."

or, purchase any kind of shoes that create pressure points, irritation or redness on the foot. Avoid pointed-toe shoes, especially people with Taylor's Bunion and hammer toes. Stilettos are also shoes to avoid." Dr. Schmitt suggests patients perform Google searches for X-rays of a woman in high arch shoes to see what it does to her foot on the X-ray.

One piece of equipment Dr. Schmitt is very proud of is a state-of-the-art, digital X-ray machine. "The images are available instantaneously," he explained. "When I take X-rays of patients, I review them with the patient standing next to me. I want the patient to know what's going on. I try to explain things to them and having a picture there helps to show what's bothering them and why."

Dr. Schmitt sells supplies related to podiatry at his office. He has a varied selection of diabetic shoes for those who qualify. There are selections for men and women, including athletic, dress and/or casual shoes. He offers these items for his patients' convenience. "Some of them are wheelchair bound and some are in their 80s," Dr. Schmitt pointed out. "If I can order the shoes here, then it saves them the inconvenience of going to another store miles away."

At Southern Star Foot & Ankle patients can feel confident about receiving care that is thorough, friendly and competent. Dr. Schmitt considers the opportunity he has to meet all kinds of people as one of the best things about his job. "I never rush patients through," he assured. "I always hated going to the doctor and being rushed." **NOW**

Southern Star Foot & Ankle

Now accepting
NEW PATIENTS
in
Midlothian!

Christopher D. Schmitt, DPM
*Associate, American College of
Foot and Ankle Surgeons*

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