

It Shouldn't Hurt to Walk

TOTAL FOOT & ANKLE GETS YOU BACK ON YOUR FEET SO YOU CAN LIVE
A HAPPIER, MORE COMPLETE LIFESTYLE.



Dr. Scott Shields

The way a person walks says a lot about them, and Dr. Scott Shields at Total Foot and Ankle wants to make sure every stride is strong, confident, and pain free.

Dr. Shields is the preeminent podiatrist in the Oklahoma City and Enid areas, with a general podiatry practice treating everything from ingrown toenails and hammer toes to sprains, fractures, and deformities. His office has an in-house surgical center for outpatient procedures.

"We want to help," Dr. Shields says. "We really do like our jobs, and we've got the skills and tools to get people the help they need."

A PERSONAL CONNECTION

After serving in the U.S. Navy after high school, Dr. Shields attended the University of North Carolina at Charlotte to study engineering and

later transferred to Central State University in Edmond where he received a scholarship to study chemistry. He became interested in podiatry after his brother lost a toe from diabetes.

"I looked around and said, 'There's a better way.'"

Dr. Shields received his doctorate from the Ohio College of Podiatric Medicine in Cleveland. After a surgical residency and fellowship, he moved his family to Enid where he began his practice.

PATIENTS OF ALL AGES

Although helping patients of any age is gratifying, Dr. Shields says he loves to help children who are in pain when they walk and, as a result, can't play with other children.

"Parents come in, and they're crying because they have a child who cannot play. The child wants to be in sports but they can't keep up because it hurts when they try. It doesn't have to be that way," says Dr. Shields. "I love helping those kids—it makes the day more fun."

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We can fix it."

After treatment, some of those same families come back to Dr. Shields with sports photos and trophies.

"It's really gratifying, and now parents are crying tears of joy

because 'Johnny' is on the team and he's playing," he says.

Many foot and ankle problems are caused by improper shoe choices and sports injuries. When it hurts to walk, those who want to exercise may skip the gym, and, for those who need to lose weight for health reasons, the problems compound. A study by the American Podiatric Medical Association found that 33 percent of adults would exercise more if their feet didn't hurt.

"It doesn't have to hurt to walk. That's our motto," Dr. Shields says. "You don't have to put up with it; the earlier you come in, the better it will be."

Every day Dr. Shields sees patients who are shy or embarrassed by the condition of their feet. The mental block around going to a podiatrist isn't necessary. The longer a patient waits to be seen, the more challenging treatment and recovery might be.

"People come in and try to hide their feet from me because they're embarrassed," he says. "People say they're afraid to go to the beach and the pool. They don't need to be. We can fix it."

A large percentage of Dr. Shields' patients are diabetics, as all diabetics are recommended by the American Diabetic Association to see their podiatrist at least once a year.

"Our job is to make people comfortable and happy and we're happy to do it."

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