

For Immediate Release

Podiatrist Dr. Russell Carlston Seeing Patients at Tri Valley Health System



(Cambridge – August 27, 2018) Dr. Russell Carlston, a podiatrist, is now seeing patients at Tri Valley Health System in Cambridge. Dr. Carlston is a highly-skilled specialist in the treatment of foot and ankle disorders. Utilizing a stepwise approach, Dr. Carlston and his team are committed to providing you with the highest level of care.

A Colorado native, Dr. Carlston attended the University of Colorado in Colorado Springs. He then attended Barry University in Miami, FL, where he earned a Doctorate of Podiatric Medicine. He went on to complete a three-year residency in Podiatric Medicine and Surgery with the added credential in Reconstructive Rearfoot/Ankle Surgery at St. Joseph Medical Center in Houston, TX. While in residency, he gained comprehensive training in forefoot, midfoot, and rearfoot surgery, trauma, wound care, diabetic foot care, and reconstructive surgery.

Dr. Carlston specializes in all aspects of podiatry including foot surgery; sports injury; diabetic foot care; pediatric foot care; and custom made orthotics. Helping you find the relief that you need, Dr. Carlston will analyze your health and lifestyle, and tailor a treatment plan that's right for you.

Foot health is important at any age. It's important to talk to a podiatrist if you experience conditions such as: foot and ankle pain; ingrown, fungal, thickened and painful nails; corns, calluses and warts; heel and arch pain; flatfoot; Achilles pain; athletes foot, rashes and skin lesions; ulcerations and wounds; bunions, bunionettes and hammertoes; tendinitis; foot and ankle injuries and fractures; arthritis and related disorders; neurological problems; or diabetic foot problems.

Dr. Carlston will hold his podiatry clinic at Tri Valley Health System on the 1st Thursday and 3rd Wednesday of each month. Tri Valley Health System is pleased to be able to provide patients with advanced podiatric and other specialty care close to home saving you time and travel. To schedule an appointment with Dr. Carlston, call **(308) 697-1172**.

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