

# When Should You See a Foot & Ankle Surgeon?



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# If You've Got a Problem in Your Foot or Ankle . . .

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- See an expert – a foot and ankle surgeon
- What is a foot and ankle surgeon
- What does this specialist do?
- When should you make an appointment?



# What is a Foot & Ankle Surgeon?



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# Foot & Ankle Surgeons are Specialists

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- Surgical specialists of the podiatric profession
- Provide complete medical & surgical care
  - For various conditions
  - For people of all ages



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# Highly Educated & Trained

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- DPM degree from 4-year podiatric medical school
- Intensive postgraduate residency
  - Concentration on a high volume of foot & ankle cases
- Those who are board certified by ABFAS
  - Have demonstrated expertise in foot & ankle surgery
  - Are eligible to become a Fellow member of ACFAS



# What Do Foot & Ankle Surgeons Do?



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# Diagnose...Treat...Advise

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- Diagnose and treat a wide range of problems in the foot & ankle
- Advise on how to prevent or minimize further problems



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# Can Possibly Detect Underlying Diseases

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- Can detect underlying diseases with warning signs in lower extremities
- Don't treat these conditions, but can uncover them





# Resolving Problems Non-Surgically

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- Most foot & ankle problems are resolved non-surgically
- Surgery is recommended only when:
  - Other options are not feasible
  - Other options do not adequately relieve the problem



# Just a Few of the Problems Treated

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- Bunions & hammertoes
- Heel pain (such as plantar fasciitis)
- Arthritis in the foot/ankle
- Sports injuries
- Broken bones
- Tendon disorders



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# When to See a Foot & Ankle Surgeon



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# Pain or Discomfort in Foot or Ankle

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- Sharp or dull or achy
- Numbness or tingling
- Constant or intermittent



# Changes in Appearance of Foot or Ankle

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- Growth or lump
- Swelling
- Discoloration (bruising or redness)
- Abnormality, for example:
  - Lower arch
  - Hammertoe
  - Bunion



# Certain Medical Conditions

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- Diabetes
  - Periodic foot exams are a must
- Arthritis
  - Different treatment options available



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# Unhealed Sore on the Foot

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- Often associated with diabetes
- Can be due to other reasons
- Important to seek prompt attention



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# Injuries

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- Sprains, fractures, torn tendons
- Require emergent care
- Follow up with your foot and ankle surgeon to ensure:
  - Accurate diagnosis
  - Best treatment
  - Optimal recovery





# For Good Outcomes for Your Feet, Get Professional Care

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(Place DPM contact info here)



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