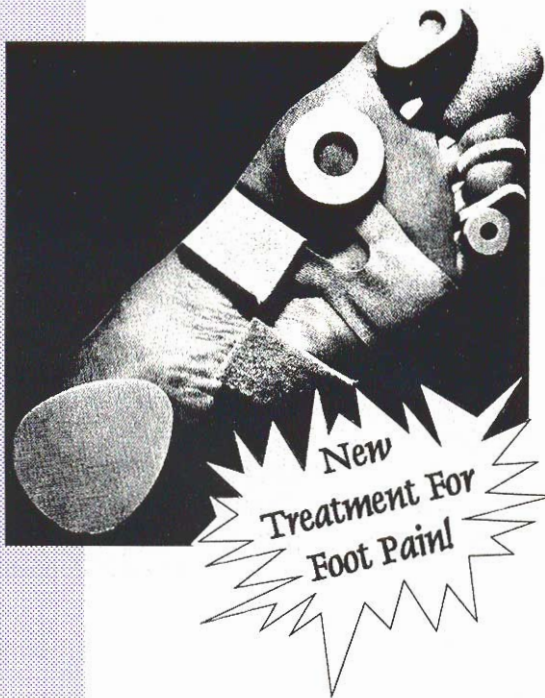


Feet Hurt?



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Endoscopic Decompression

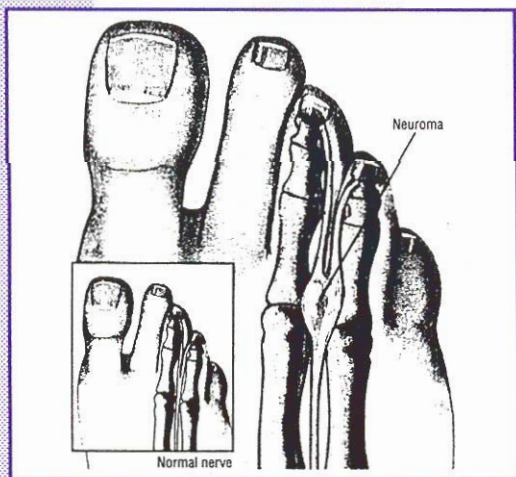
A New Surgical
Technique For
Neuromas

What is Neuroma?

A neuroma is an entrapment of a small nerve in the foot. Symptoms may include pain, numbness, and/or burning sensations in the ball of the foot which may radiate out into the toes or up the leg. Pain occurs while standing or walking and can range from mild to severe. It may be worsened by wearing tight-fitting or high heeled shoe gear and may be relieved by removing the shoes and massaging the affected area.

What causes it?

It is usually related to instability in the mechanical function of the foot. This instability results in the nerve being compressed against or pulled across a rigid, unyielding ligament called the transverse intermetatarsal ligament. It is this repetitive microtrauma to the nerve that causes it to become inflamed and eventually entrapped in scar tissue. If allowed to persist over long periods of time, this process and its resulting symptoms may become irreversible causing considerable disability.



Neuroma before release

What can be done?

Once the symptoms are recognized, proper medical care should be obtained as soon as possible to minimize the possibility of permanent nerve damage. This potentially debilitating condition requires the skills of a specialized independent practitioner to properly diagnose, counsel, and successfully treat the patient in order to restore normal foot function. The goal of treatment is to allow the individual to maintain or return to a normal lifestyle.

How is it treated?

A number of conservative, nonsurgical treatment options may be utilized. Oral anti-inflammatory medications and/or injections may alleviate pain. However, the cause of the problem must be addressed. Biomechanical control of the foot and the elimination of microtrauma on the nerve is of paramount importance in order to ensure lasting relief of symptoms.

If conservative treatment fails to relieve the symptoms, then surgery may be required.

Am I a candidate for this surgical procedure?

If you have failed to obtain complete relief of neuroma symptoms with the use of conservative treatments such as: taping, orthotics, cortisone injections, oral medication or physical therapy, then you may benefit from Endoscopic Decompression. A complete evaluation and discussion with Dr. Polun will help determine your best options.

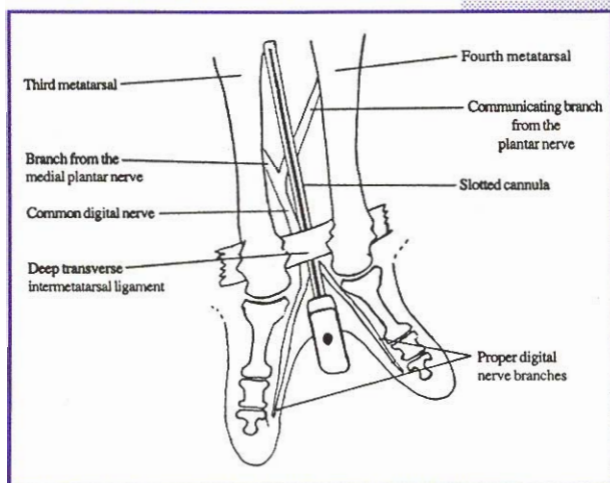
Endoscopic Decompression: A New Surgical Technique

Endoscopic decompression intermetatarsal neuromas is a new surgical technique developed by Endoscopic Foot Specialists to permanently correct neuroma pain in a less traumatic manner.

This new technique allows for a quicker recovery and a faster return to normal activity than traditional surgical techniques. Specially designed instrumentation is utilized that allows the surgeon to directly visualize the foot structures on a video screen while only making three small, less than ¼ inch incisions on the foot. The procedure is performed in an outpatient setting.

Most patients can bear weight immediately after surgery and return to tennis shoes the day after surgery.

Everyone heals differently. Factors such as age, weight, circulation, and occupation contribute to healing times.



Description of Procedure

What are the risks and complications of this procedure?

Fortunately, there are few complications. These are relatively minor and are usually resolved with careful follow-up. As with all surgery, no procedure is risk free, and there is no guarantee as to the success of this procedure. The most common risks inherent to this procedure include delayed healing with aching at the surgical site or instep, infection, and possibility of a small area of numbness at the incisions.

Will my insurance cover this procedure?

You should have benefits for this procedure if you have surgical coverage. You may be responsible for a portion of the surgical fees including insurance deductibles and copays.

Why us?

Dr. Polun is a Board Certified Foot and Ankle Surgeon, extensively trained in techniques of plastic, orthopedic, arthroscopic, endoscopic, laser and reconstructive surgery of the foot and ankle.

What do I have to do now?

Call **(301) 983-8202** for an appointment today.