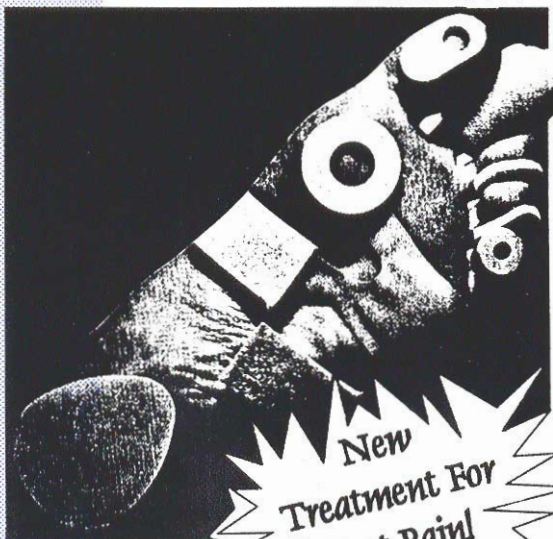


Heel Pain?

The New Treatment



New
Treatment For
Foot Pain!

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MEMBER

**American College of
Foot and Ankle Surgeons**

**Your Choice for Complete
Foot and Ankle Care**



Endoscopic Plantar Fasciotomy

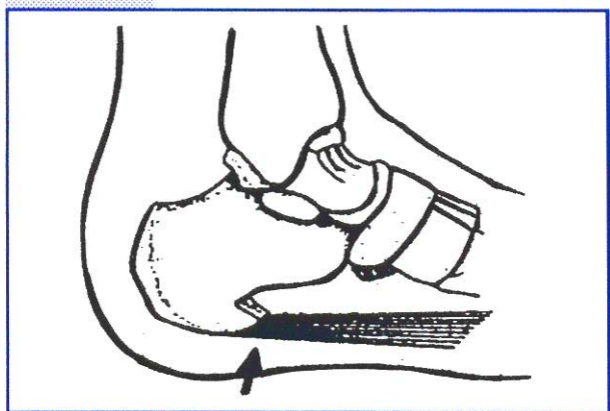
For Heel Spur Syndrome

What is Endoscopic Plantar Fasciotomy?

Endoscopic Plantar Fasciotomy is a recent advance in foot surgery for the correction of Heel Spur Syndrome and Plantar Fasciitis. The procedure was developed to permanently correct chronic heel pain in a less traumatic manner. The new technique allows for a quicker recovery and a faster return to normal activity. The procedure involves an outpatient surgical visit utilizing specially designed instruments that allow the surgeon to directly visualize the foot structures on a video screen while making only two small incisions on the foot.

What is Heel Spur Syndrome?

It is often described as a "Stone bruise" by the patient. Pain is usually worse in the morning, especially the first several steps, or after periods of rest when first standing. As the pain worsens, the heel can hurt even while not weight-bearing.



Before release of plantar fascia

What causes it?

Heel Spur Syndrome, or heel pain, is usually caused by a mechanical problem involving the structural alignment of the foot. There is a dense, fibrous band of tissue in the bottom of the foot known as the plantar fascia. The plantar fascia inserts into the heel bone and spreads out into the foot. (See diagram below) Because of mechanical misalignment of the foot, excessive tension is placed on this band of tissue, causing inflammation and pain. The size or presence of a heel spur does not always correlate with the amount of pain.

Maybe it will just go away.

This is possible, in some patients. However, this is not usually the case. In most cases the longer the patient waits to seek treatment, the more chronic the condition usually becomes, and thus requires a more lengthy and involved treatment.

Am I a candidate for this surgical procedure?

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

What then?

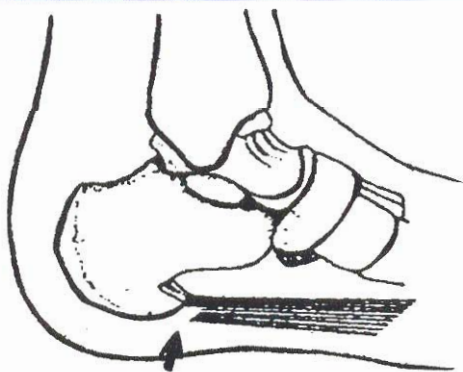
If all of your symptoms go away with conservative care then surgery will not be necessary. If, however, pain and discomfort are still present after conservative care has been tried, then surgery is recommended.

How is this procedure different?

In classic heel spur surgery, a large open incision is made to sever the tight ligament in the arch known as the plantar fascia and to remove the bone spur which has formed within this fascia. Studies have proven that the actual bone spur is a result of chronic inflammation where the fascia attaches to the heel bone. The heel spur is formed over a long period of time because of constant pulling. The injury produces inflammation, pain and inability to bear weight on the heel comfortably. The inflammation stimulates spur formation. The spur is a symptom of the inflammation and not the cause of the heel pain. In Endoscopic Plantar Fasciotomy it is not necessary to remove the heel spur in order to cure the pain.

What are the expected results of this procedure?

Most patients return to their regular shoes in 3-5 days and can return to work after the first week. Normal activities can resume by the end of the third week. Keep in mind everyone heals differently. Other factors such as age, weight and occupation can contribute to healing times.



After release of plantar fascia

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 in step, 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, and reconstructive surgery of the foot and ankle.

What do I have to do now?

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