

FOOT CARE DICTIONARY

Achilles Tendonitis

Achilles tendonitis is the inflammation of the tendon that connects the calf muscle to the back of the heel bone (calcaneus). Often can be attributed to wearing high-heeled shoes and switching to flats or sneakers, especially in female patients. Occasionally a bursitis and/or a spur may be present as well. In these cases, cryosurgery has been a very effective treatment since cortisone injections cannot be given in the Achilles area without great caution. Other treatments include, casting, physical therapy and in the worst cases, surgical management.

Ankle Sprain

An ankle sprain is a condition where there is an over extension or tearing of ligaments along the lateral "outside" of the ankle joint. Usually caused by trauma to the above mentioned area ie., stepping out of a car or off a curb and "twisting" the ankle inwards. Treatments include air casts, or walking casting, and in the worst cases use of crutches for a period of time (1 or 2 weeks).

Arch Supports

Please see Orthotics

Athlete's Foot

A fungal infection of the skin, that occurs along the bottom of the foot or in between the toes. Athlete's foot can cause blistering, cracking, dryness, flaking, redness, and itching of the skin on the bottom of the foot and in between the toes. Treatment is usually with topical antifungal preparations. In the worst cases, oral medications work best.

Big Toe Straightening

This is a common condition often associated with a bunion deformity but can also be present as a sole condition. It is characterized by the appearance of a "crooked" (angulated) big toe. The toe is "pointed" towards the other toes rather than sitting in a straight position. This is most easily seen by comparing the toenails of all the toes. Usually all of the toenails are pointing in the same direction. In the case of this condition the big toenail is not in alignment with the other toenails. In more severe cases, the big toe may be "crowding" the other toes and sometimes can even move underneath the 2nd toe due to severe angulation. This procedure essentially straightens out the big toe to give a more natural appearance and places it in proper alignment with the other toes of the foot. It can be performed solely or in conjunction with other procedures such as a bunion procedure.

Bunion

This is a painful condition caused by a bony bump at the head of the first metatarsal, by the big toe. They can often cause problems for women trying to fit into pointy stylish shoes. As the bunion worsens it can become painful when walking regardless of the type of shoes worn. Orthotic devices can help slow the progression of a bunion but once a

painful bunion has formed, surgery is often the only treatment that is effective. Cosmetic foot surgery entails placing the incision for this procedure in an inconspicuous position so that it is not readily visible (in addition to the bunion removal). T

Corn Removal Surgery

Corns are located at the "knuckles" of the toes when present. Less severe corns can be removed without any visible scarring (scar is hidden). Severe corns can also be removed and the scar placement is done so it blends in with the regular skin lines of the toes making it less conspicuous.

Corns and Callouses

Thick, dead skin usually found in areas of bony prominences and or areas of pressure. Corns are generally found on the toes and callouses usually occur on the bottom of the foot. Can be caused by pressure and friction in areas where skin covers prominent bony areas. This can be especially painful when wearing high-heeled shoes. This condition can especially be bothersome in areas where you have a deformity such as a bunion or hammertoe. The formation of a corn or callous is basically your body's way of protecting the prominent bony area under the skin.

EPF

Endoscopic Plantar Fasciotomy. This is a surgical procedure to treat heel pain. An alternative is Shockwave Therapy and Foot Cryosurgery, but insurance companies frequently do not cover such procedures.

ESWT

Extracorporeal Shock Wave Therapy (Please see Shock Wave Therapy)

Flat Foot Surgery

In the absence of severe arthritis, the least invasive procedure is the introduction of a subtalar joint implant which will decrease pronation and many times will give an "arch" when the patient stands because the foot is no longer in pronation. For cases which involve arthritic changes reconstructive procedures can be performed. These are more invasive than the implant and require more recovery time.

Foot Cryosurgery

New procedure available for painful foot conditions such as heel pain, plantar fasciitis, neuroma, sinus tarsi syndrome, tarsal tunnel syndrome, arthritis and possibly diabetic neuropathy. It involves freezing of the tissues in the symptomatic areas. The procedure is in-office, 20-30 minutes with little recovery time. Patients walk the same day and can resume regular activities within a day.

Foot Facelift

This is a complete foot makeover and is our signature surgical treatment. It combines our bunion procedure, pinky bunion procedure and any and all toe procedures all performed at the same time to completely re-make your feet. Dr. Pulapaka has refined these procedures so that all scars are as inconspicuous as possible and recovery time is as short

as possible. Most patients are able to walk immediately following surgery and are back into sneakers by 4-5 weeks. At 6-8 weeks most patients can wear their stylish shoes again and are fully recovered.

Foot Narrowing

Performed for patients complaining of wide feet. Often these patients experience discomfort in shoes because of the width of their feet. Following the procedure patients are better able to fit into their shoes. At DFALC, this procedure is very popular in the fall months as patients have to return to wearing closed shoes.

Hammertoe

A hammertoe is a condition where the toe no longer lies straight but is bent in a claw or hammer-like condition (crooked). Toes can become contracted and the "knuckles" become very prominent and painful. Over time and with the frequent wearing of stylish shoes the pain can become unbearable. Often corns tend to form over these prominent knuckles to protect the bone underneath. When wearing high-heeled shoes corns can become very painful, sometimes causing redness and irritation of the surrounding skin. This condition is especially bothersome to professional women who find it too painful to wear fashionable shoes that compliment their corporate image. Cosmetic foot surgery entails placing the incision for this procedure(s) in an inconspicuous position (between the toes) so that it is not readily visible (in addition to the toe straightening). This is DFALC's specialty.

Heel Pain

Pain in the heel is usually caused by inflammation of the plantar fascia ligament. This ligament extends from the heel to the ball of the foot. Usually, pain is caused by pulling the of this ligament on the heel bone. Sometimes, this can also be associated with heel spurs. However, the heel spurs alone rarely cause the pain, but are often a result of the pulling of the ligament on the bone. Pain is most severe when the patient takes their first step in the morning or stands up after a prolonged period of sitting. This condition is often associated with flat feet or those with low arches who overpronate when they walk. Treatment is initially conservative, including stretching, ice, orthotics, and anti-inflammatories and cortisone injections into the heel. If the symptoms do not subside, other options are available such as traditional open surgery and endoscopic surgery (EPF).

High Heel Feet

A condition that can occur after many years of wearing high heeled shoes where the feet begin to take on the appearance of the shoes. The forefoot can become "pointy" or triangular-shaped over time, in essence "molded" to the shape of the shoes.

Hyperhidrosis

Hyperhidrosis is the excessive perspiration of the sole or in between the toes of the foot. Commonly referred to as "sweaty" feet. This condition can sometimes be related to nervousness or excess stress, but can also be attributed to systemic diseases such as anemia and hyperthyroidism. It is often associated with "smelly" feet. This excessive

sweating can make patients prone to athlete's foot (fungus in the skin), or fungal nails. Topical antiperspirants can help but often prescription preparations are needed.

Ingrown Nails

An ingrown nail is a condition where the nail curves into the surrounding skin and causes pain and frequently infection. This is a common condition among all age groups. Causes include improper trimming of the nail, tight poor fitting shoes, or injury to the nail. If you suspect that you have an ingrown nail you should make an appointment to see a podiatrist. If left untreated for a long period of time, the infection can spread to the bone underlying the nail. When this occurs, treatment may be more complicated than having just a portion of the ingrown nail removed. Portions of the nail can be removed temporarily (will grow back), or permanently (will never grow back) and is a good option for patients who regularly experience ingrown nails.

Nail Fungus (Onychomycosis)

This is an infection of the nail plate by a fungus, usually the same fungus that causes athlete's foot. When this occurs the nail can become thick, discolored (yellow or brown), produce a rancid odor and begin to crack, flake and peel from the underlying skin. Sometimes causing the entire nail to come right off the underlying skin. Treatment includes topical and oral medications. Most over the counter topical medications are not very effective. Even prescription strength topical medications only have a 30-40% cure rate at best and must be used everyday for a period of 9 months. This is the length of time it takes for the nail to completely grow out. Oral medications are generally the most effective treatment. Palliative treatments are provided by Dr. Pulapaka, where the nails can be thinned and trimmed at the same time via painless procedures with our special micromat machines which also provide a soothing spray. We often recommend this treatment to patients before they go for pedicures.

Neuroma (Pain in the ball of the foot)

A neuroma is a thickening of the nerve that runs between the heads of the metatarsals (ball of the foot). Most commonly it is found between the 2nd and 3rd or the 3rd and 4th metatarsal heads. Symptoms include pain, numbness, burning especially after standing or walking in tight shoes ie. High-heeled shoes, dress shoes. Treatment includes orthotics, NSAIDS, physical therapy such as ultrasound, injections with cortisone, sclerosing with alcohol, or surgical excision. Recent treatment developments include nerve decompression which have proven to be very effective with little recovery time compared to traditional surgery. Currently in DeLand Foot and Leg Center performs this procedure.

Orthotics

These are arch supports that can also control the position of the heel as you walk. They are very useful in patients with heel pain, arch pain, bunions, and flat feet. Patients with limb length discrepancies can also benefit by having the orthotic devices adjusted to accommodate the discrepancy. If over the counter brands have not alleviated your symptoms custom orthotics can be made in the office. DFALC offer superior orthotic device with custom casting or heat molded orthotics that are available the same day.

Pinky Bunion

This is a bony bump near the pinky toe. Often very painful in dressy shoes. This is the same as a regular bunion only on the other side of the foot. It is also called a Tailor's bunion. If large enough, it can prevent the wearing of certain types of shoes comfortably. Once the pinky bunion becomes severe enough, treatment is often surgical. Cosmetic foot surgery entails placing the incision for this procedure in an inconspicuous position so that it is not readily visible (in addition to the pinky bunion removal). This is a DFALC specialty.

Pinky Toe Pain

This is the toe that is most often painful among professional women who wear fashionable shoes. The pinky toe is often "smushed up" against the side of the shoe and can develop redness, tenderness, corns and often can become a hammertoe (crooked). Treatment can involve periodic corn removal, cortisone injections, whirlpool treatments and if symptoms persist our Toe Tuck Surgery.

Plantar Fasciitis

Please see Heel Pain

Shockwave Therapy

A form of treatment for heel pain that utilizes high energy sound waves and is non-invasive. This is a great alternative to traditional heel surgery and EPF. There are various types of shockwave treatments available.

Soft Corn

Alternately referred to as a Heloma Molle. These corns form in between the toes, most often between the 4th and pinky toes and can be extremely painful. In mild cases, a simple debridement and scraping can be performed in the office. In more severe cases, the condition is very successfully treated with a webbing procedure. Also a DeLand Foot and Leg Center specialty.

Subtalar Joint Implant

Can be thought of as an "internal orthotic" which is placed into the joint to decrease pronation. It is often used in patients with flat feet. This is a specialty of Dr. Pulapaka.

Tailor's Bunion

Please see Pinky Bunion

Toe Shortening

This is a procedure for patients with long toes who do not like the appearance of their feet. Any toe can be shortened but most often the 2nd toe is involved. More than one toe can be shortened at a time also. Often these toes are hammered (crooked) or have corns present. Cosmetic foot surgery entails placing the incision for this procedure in an inconspicuous position (between the toes) so that it is not readily visible (in addition to shortening the toe). This is a DFALC specialty.

Toe Straightening

Toes can be either curled such as with a hammertoe condition or angled to the left or right. In either case the toe can be straightened so that it lies flat and points in the same direction as the other toes. This procedure can be combined with the toe shortening procedure as well. This is one of our DeLand Foot and Leg Center specialty treatments as well.

Toe Tuck

This is a simple procedure where the pinky toe is both slimmed and trimmed and slightly shortened to alleviate a painful toe or eliminate an unsightly corn/callous. This is a DFALC specialty.

Warts

A wart can be described as an area of thickened, painful skin that is usually found on the bottom of the foot or between the toes. It can be quite painful when attempting to walk on it. It is viral in origin and is often mistaken for a callous. Many treatments exist and are physician dependent and can be tailored to the patients' needs and preferences. They include freezing with nitrogen, application of salicylic acid, application of creams such as aldera or carac, laser surgery, electrocautery, and surgical excision.