



Breakthrough Podiatry

A revolution in foot care

Newsletter April 2007

Hideous Hammertoes! Marie, a 50 year old female presented to Breakthrough Podiatry stating, "I have a painful, ugly corn on the little toe of my left foot. I'm scared to death that my feet will end up looking like my grandmother's feet. Can you help me get rid of this corn and make the pain go away too?"

Marie's hammertoe had developed over time because of her poor foot mechanics and the tendency for her forefoot area to spread in shoes. This forefoot spreading then causes the outside, or 5th metatarsal bone, to rotate out and upwards. This then causes the 5th toe to rotate which allows the natural boney area of the toe to rub on the inside of a shoe. Fortunately for Marie, and many other Breakthrough Podiatry patients, she was able to have surgery and returned to wearing most of her shoes within 3-4 weeks.

Breakthrough Podiatry patients can benefit from our cutting edge types of hammertoe surgery options. For 5th toe lesions like Marie's, a procedure to remove only the bone on the side of the toe that causes the corn or callus, is extremely successful. This procedure, a hemi-phalangectomy, spares the joint of the toe and allows very quick return to regular shoe-ware with minimal post-operative swelling.

Physicians and patients can combat hammertoe related foot disorders by being aware of the most common symptoms and then referring them to Breakthrough Podiatry, where patients will benefit from the latest ground-breaking treatment methods to obtain exceptional outcomes.



Common Hammertoe Symptoms include:

- 1) Contracted and / or overlapping lesser toes on both feet**
- 2) Redness and painful corns or calluses on the lesser toes**
- 3) Painful toes rubbing on any or all shoes**

Lead by Bruce Williams, Doctor of Podiatric Medicine, Breakthrough Podiatry challenges convention to deliver outstanding results, reduce failed podiatric therapies, and improve foot health. The majority of Breakthrough Podiatry patients overcome pain in 5 treatment visits or less.

www.Breakthroughpodiatry.com

**Dr. Bruce
Williams
specializes in**

**Hammertoe
Repair**

**and other
podiatric
disorders.**

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