



# Breakthrough Podiatry

A revolution in foot care

Newsletter August 2007

**Knaughty Knees!** Ryan, a 30 year-old runner presented to Breakthrough Podiatry complaining that he was having problems with his knee. He stated, "I've been training for a marathon for three months and now my knee is hurting at the beginning and end of all of my long runs. I can barely go up or down stairs. I have been training way to long not to run this race, please help me doc!"

Ryan's pain is caused by a knee problem called Iliotibial Band Syndrome, or ITBS. The iliotibial band is fascial band that extends from the outside of the hip to the outside of the knee. Functional or structural blockages of necessary foot motion at the ankle joint or great toe joint of the foot can lead to prolonged flexion or hyper-extension of the knee. Over time, and with repetitive stress, this can cause inflammation at this portion of the knee.

Fortunately for Ryan, and other Breakthrough Podiatry patients, Dr. Williams was able to offer almost immediate relief from the pain of this disorder. Utilizing manipulation techniques and simple taping and padding Dr. Williams was able to return stability and normal motion to the foot and ankle. Follow-up visits utilizing custom foot orthoses and stretching exercises were able to get Ryan back into form and ready for his race.

Physicians and patients can combat chronic foot and knee related conditions 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.



### **Knee Pain / Iliotibial Band Syndrome**

- 1) Pain at the outside of the knee joint**
- 2) Discomfort at the start of running and after running**
- 3) Pain in the knee going up or down stairs**

### **Innovative Treatment Options!**

- 1) Technologically advanced custom foot orthotics**
- 2) Computerized Gait Analysis**

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](http://www.Breakthroughpodiatry.com)

**Dr. Bruce  
Williams  
specializes in**

**Knee Pain**

**Iliotibial Band  
Syndrome**

**and other  
podiatric  
disorders.**

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