



Breakthrough Podiatry

A revolution in foot care

Newsletter January 2008

Big Toe Pain! Ron, a 48 year old male patient and runner, presented to Breakthrough Podiatry complaining that he was having problems after exercise. He was having pain in his big toe joint and the ball of his foot after running a few miles. He has also noticed that there was a bump forming on top of big toe joint. Ron asks, "What can I do about this pain Dr. Williams? I love to run and don't want to stop."

Ron's pain is caused by a bunion deformity called Hallux Limitus. Hallux Limitus starts out as a functional limitation of great toe extension motion. Over time it can create an arthritic deformity and cause spurring on top of the big toe joint. These spurs can be very painful in all shoes, and runners need motion in this joint thousands of times over each and every run.

Fortunately for Ron, and other Breakthrough Podiatry patients, Dr. Williams was able to offer a novel treatment plan involving total elimination of the painful spur with restoration of a pain free motion in that big toe joint. Utilizing a surgical option for plantar flexing and shortening the 1st metatarsal allows for beneficial positioning of the great toe joint to optimize function and eliminate pain.

Physicians and patients can combat chronic foot 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.



Great Toe Pain / Hallux Limitus

- 1) Pain and swelling with motion of the big toe joint
- 2) Large spurring on top of the bunion joint
- 3) Foot pain with walking and running
- 4) Pain in the ball of the foot when the body avoids pressure at the great toe joint

Innovative Surgical Options!

- 1) Outpatient surgery, walk the same day
- 2) Micro screw technology

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**

**Great Toe Pain
and
Hallux Limitus**

**Surgery of the
Foot and Ankle**

**and other
podiatric
disorders.**

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