



# Breakthrough Podiatry

A revolution in foot care

Newsletter July 2007

**Nixing Nasty Neuromas!** Sylvia, a 45 year old business woman, presented to Breakthrough Podiatry complaining of pain in the ball of her foot. She states, "Dr Williams, it feels like there is a stone under the ball of my foot! My toes are either going numb or electricity is shooting thru them! Is there something that can be done about this? Please, I don't want to give up my dress shoes for ugly shoes!"

Sylvia's pain is caused by a condition called Morton's Neuroma. Neuromas are caused by impingement pain on nerves that run between the metatarsal heads of the ball of the foot. Pain is usually between the third and fourth toes, or the second and third toes. Patients will experience numbness or shooting pains in this area. The pain is usually caused by the wearing of tight shoes in a patient who has excessive spreading of the ball of their foot!

Fortunately for Sylvia, and other Breakthrough Podiatry patients, Dr. Williams was able to eliminate the pain the same day! Taping the foot to increase pressure under the first metatarsal, and utilizing a metatarsal pad to help stop the spreading of the ball of the foot is extremely effective and helps with most of the pain. Follow up care with a Custom Dress Orthotic that has a very low profile and will fit into most dress type shoes helps to over-come the pain for good!

Physicians and patients can combat Neuromas and pain at the ball of the foot 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.



### Neuroma Pain

- 1) Numbness or shooting pain between the toes
- 2) Excessive spreading of the ball of the foot
- 3) Tight shoe wear, professional shoes

### Innovative Treatment Options!

- 1) Taping and padding for instant relief of pain!
- 2) Custom Dress type orthotics beat the pain so the patient can return to work pain free!

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**

**Neuroma  
Pain**

**Pain in the  
Ball of the Foot**

**Custom Dress  
Type  
Orthotics**

**and other  
podiatric  
disorders.**

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