



Breakthrough Podiatry

A revolution in foot care

Newsletter October 2006

Eliminating In-Grown Toenails! Jim, a 45 year-old construction worker and Breakthrough Podiatry patient, came in complaining of an in-grown toenail. "My toe is killing me doc! I can usually cut the nail back, and I've been doing that for a few years. This time it kind of got away from me and I've got to get out of this pain! It kills me at work in my boots and is slowing me down. Fix it now will ya?!"

Jim's pain is caused by a podiatric disorder known as an in-grown toenail, a widespread problem affecting thousands of people each year. In-grown toenails are painful and annoying, and sometimes last weeks and months if not properly treated. Fortunately for Jim and other Breakthrough Podiatry patients, he was liberated from pain within just 3 visits.

The primary cause of in-grown toenails is pressure from tight shoes, socks, and boots. The feet will spread in the shoes and this causes the toes to push together which will then create pressure from the nail against the skin of the toe. Over time the toenail can start to curl as it grows towards the end of the toe. The more it curls, the more likely it is to cause irritation and inflammation. If patients then cut their own nails incorrectly, the nail can leave a sharp edge that will stab into the skin and cause a localized infection with severe pain and swelling.

Physicians can combat in-grown toenails 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 symptoms include:

- 1) Constant pain localized at the involved nail border**
- 2) Red, swollen toe with local cellulitis and an incurvated nail border with active purulent drainage**
- 3) Failure of conservative care, such as utilizing oral antibiotics or cutting the nail back with or without anesthesia**

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.

**Dr. Bruce
Williams
specializes in**

**In-grown
toenails**

**and other
podiatric
disorders.**

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