



Breakthrough Podiatry

A revolution in foot care

Newsletter September 2006

Confronting Ankle Collapse! Mrs. Edgerton, a 60 year old female complains that her arch has collapsed on her right ankle and is very sore. “Dr. Williams, I live in a house with many stairs, and it is just killing me to go up and down them all day long! My mother and aunt had turned in ankles like this too! I have to be active and out of pain. I’m not ready to be an little old lady!”

Mrs. Edgerton’s pain is caused by a podiatric disorder known as posterior tibial tendon dysfunction (PTTD) , that affects a large number of older women and men. PTTD is extremely disruptive to patients abilities to function effectively. Fortunately, her problem was quickly identified and she was freed from her pain in fewer than four treatment visits!

The primary cause of PTTD is a weakening of the posterior tibial tendon through chronic inflammation, or partial or complete rupture. Most instances of this disorder appear over time in females as a result of increased relaxin hormones brought on by menopause. This will weaken the spring ligament that supports the talus, and then the posterior tibial tendon will be stressed as the arch collapses. This condition is not isolated to menopausal women, but also commonly seen in elderly men as well through chronic ankle arthritis and from traumatic injuries.

Physicians can combat PTTD 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. Use of a hinged ankle-foot orthosis, such as the Richie Brace™ seen in the “After” picture, helps patients to quickly rebound from their pain and inactivity.

Before

After



Common symptoms include:

- 1) Severely collapsed medial arch and rolling-in of the medial ankle joint**
- 2) Pain at the medial arch, ankle, and often the lateral ankle near the talus and fibular malleolus**
- 3) Difficulty with prolonged walking, especially going up and down stairs**

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**

**Posterior Tibial
Tendon Dysfunc-
tion (PTTD)**

Ankle Pain

**and other
podiatric
disorders.**

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