



Breakthrough Podiatry

A revolution in foot care

Newsletter September 2007

Stressful Stress Fractures! Olivia, a 50 year-old store manager and ballroom dancer presented to Breakthrough Podiatry complaining that she was having pain and swelling in her left foot over the last 2 weeks. She stated, "I've been really busy with the store lately and getting ready for a competition. I wore some flat shoes one day and after that my foot really started to hurt a lot. Can I still dance this week?"

Olivia's pain is caused by a problem called metatarsal stress fracture. The metatarsal is a long bone behind the toes in the feet. These bones can get stressed when the foot does not function properly and has a tendency to flatten out for a longer period of time than it should. Over time, and with repetitive stress, this can cause inflammation at the metatarsal and then an actual break of the bone!

Fortunately for Olivia, and other Breakthrough Podiatry patients, Dr. Williams was able to identify this disorder immediately. Utilizing a rocker-bottom surgical shoe for a few weeks allowed her foot to continue to function normally while stabilizing the bone as it healed. She was then able to get back to her dance competitions in record time! Follow-up with dress type foot orthoses and hidden modifications to her dance shoes will keep her dancing for years to come!

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.



Metatarsal Stress Fracture

- 1) Pain at the ball of the foot**
- 2) Swelling and redness at the ball of the foot**
- 3) Pain with walking**

Innovative Treatment Options!

- 1) Rocker-bottom surgical shoe protects and aids foot function**
- 2) Dress type custom foot orthoses**
- 3) Hidden dress shoe modifications aid foot function in dance!**

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**

**Metatarsal
Stress
Fracture**

**and other
podiatric
disorders.**

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