

# The Foot Institute

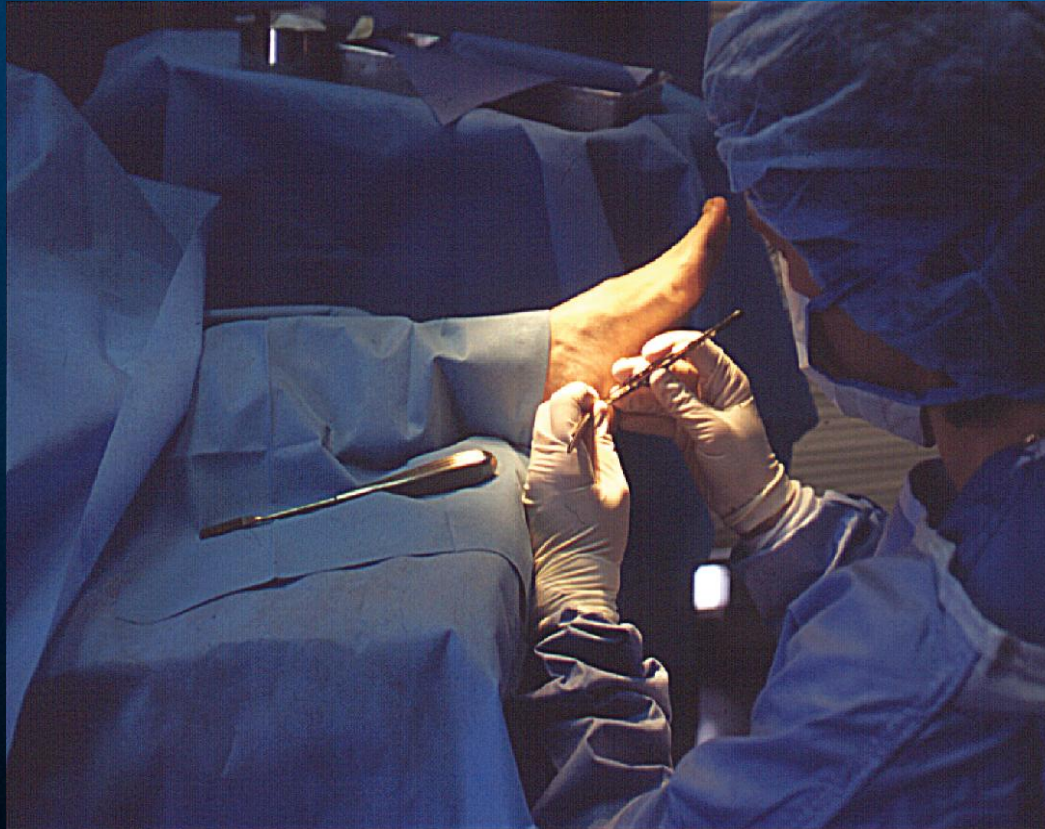


Dr. Efren Buff De La Rosa

**532-3721**



# *The Podiatric Surgeon*





# *Podiatric Foot and Ankle Surgeon: Training*

- 4-year program to DPM degree
- Residency in surgical specialty





# *Common Foot Problems*

- 
- 
- 
-

# *Ingrown Nails*



# *Ingrown nail treatments*



# *Ingrown nail treatments*



**Ingrown Nails  
(Immediately after removal)**



# Ingrown Nails

**Ingrown Nails  
(1 year after removal)**







# Athletes Foot



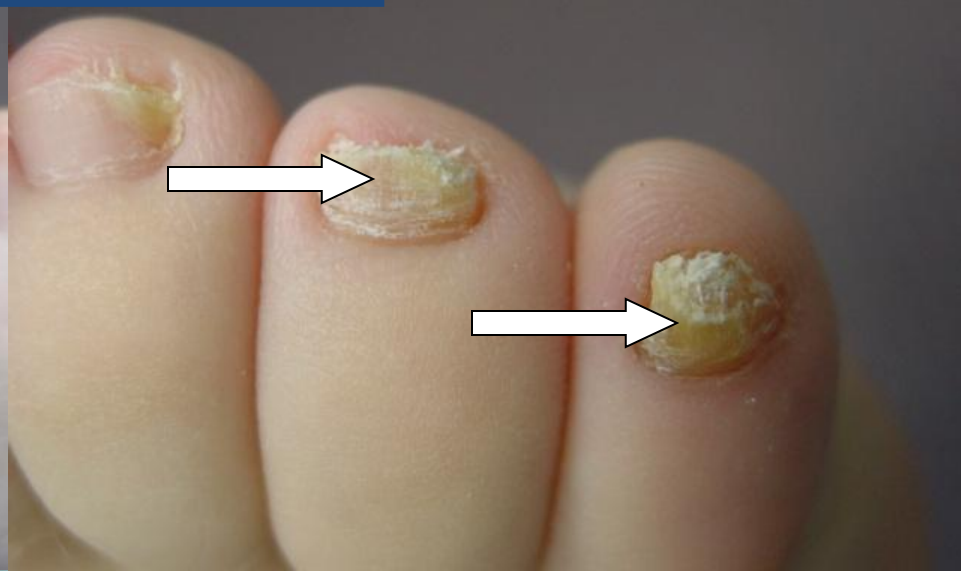
# *Tinea Pedis*



# *Tinea Pedis*



# Fungal Toenail



**Fungal Infection which caused ingrown nail**



**Thickened curled nails caused by fungus**

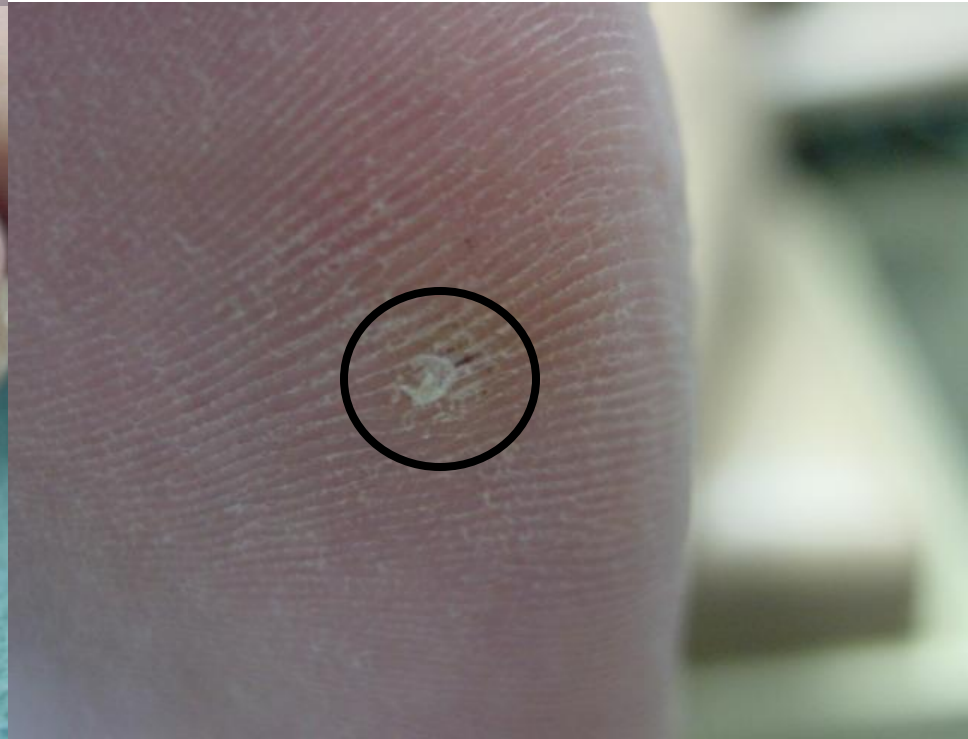


# Plantar Wart





# Callous / Corn





# Hammer toe Deformity



# Hammertoe Deformity

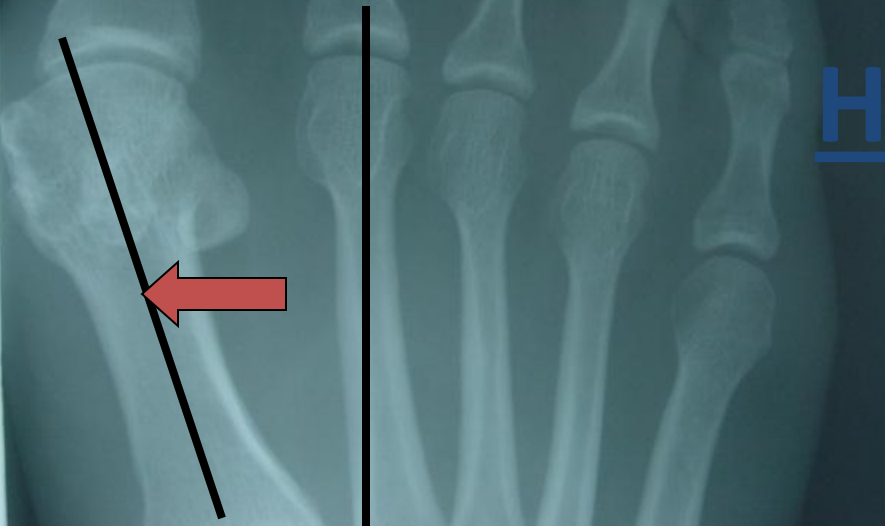




# Hallux Valgus / Bunion Deformity



Bunion prior to correction



# Hallux Valgus / Bunion Deformity

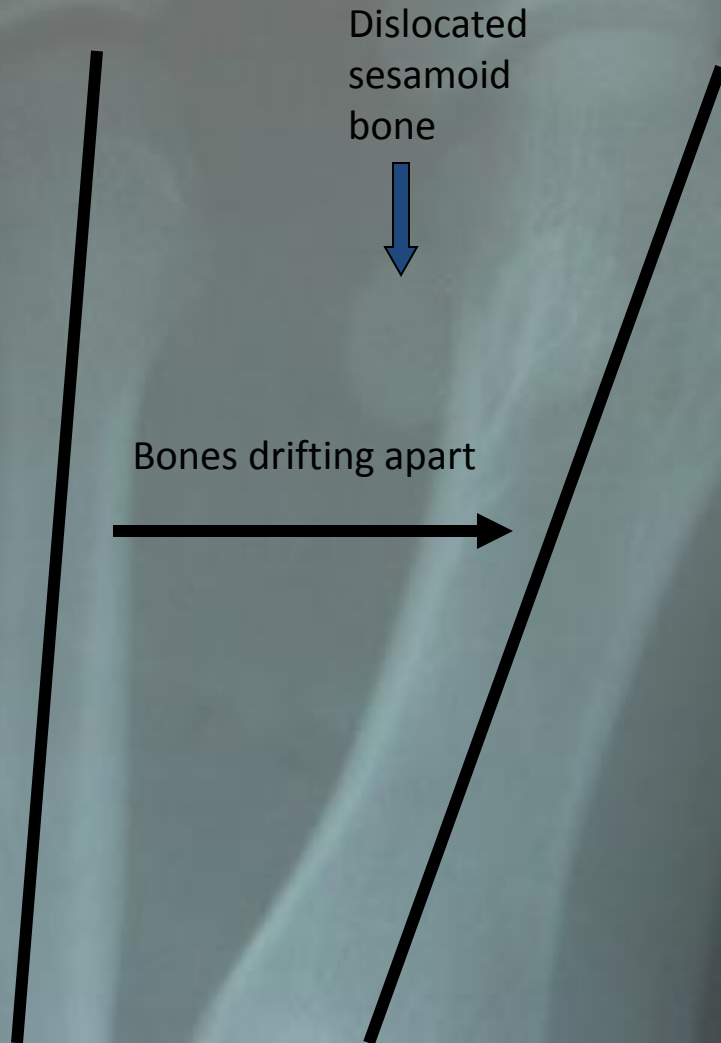
Bunion after correction



# Severe Hallux Valgus / Bunion Deformity



# Severe Hallux Valgus / Bunion Deformity



Severe Hallux  
Valgus / Bunion  
Deformity

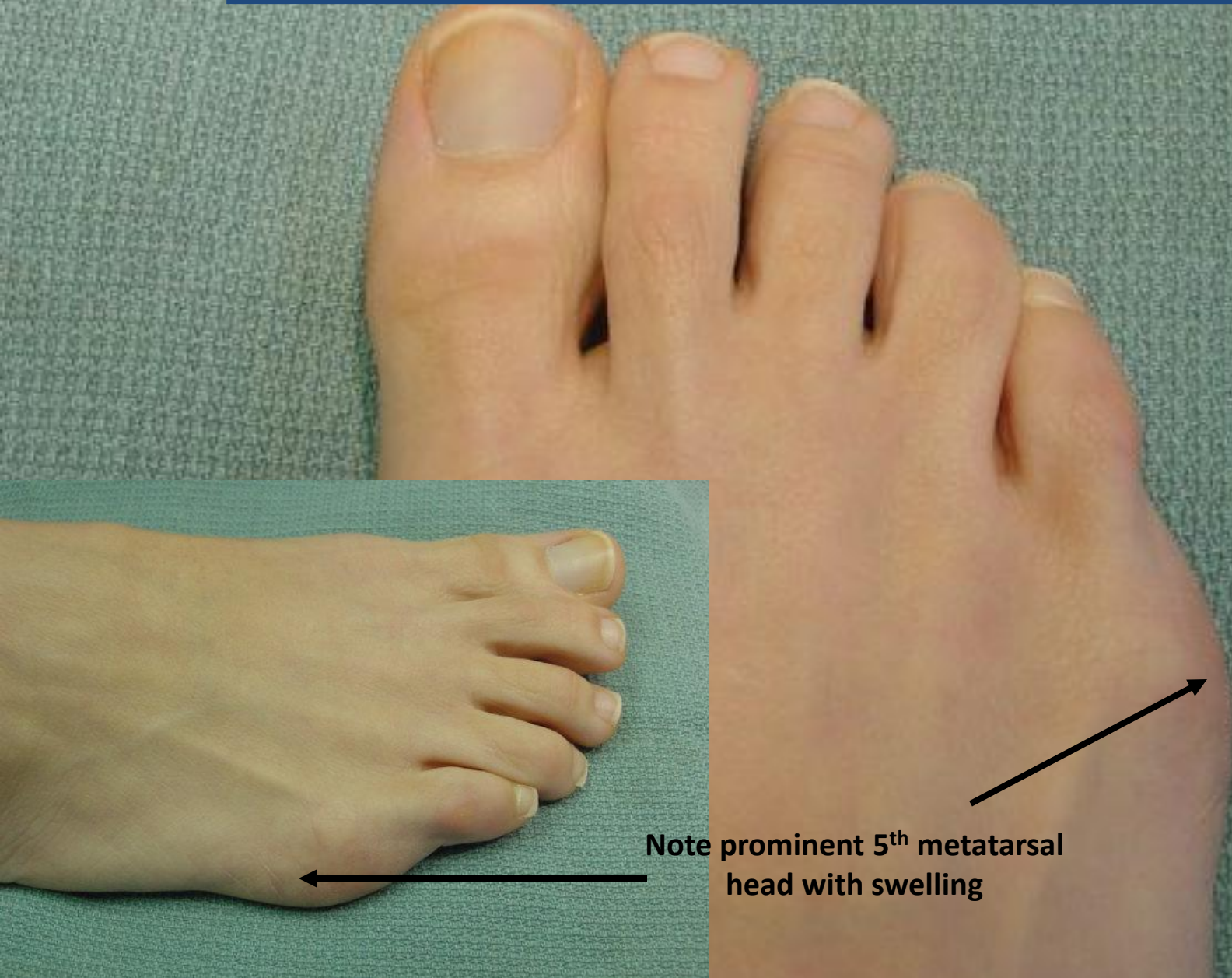
Cut in bone and fixation  
with wires

Cut in bone and fixation  
with screws





# Tailor's Bunion / Bunionette



Note prominent 5<sup>th</sup> metatarsal head with swelling

# Tailor's Bunion / Bunionette

Prior to Correction



Note Bowing of the Metatarsal

After Correction

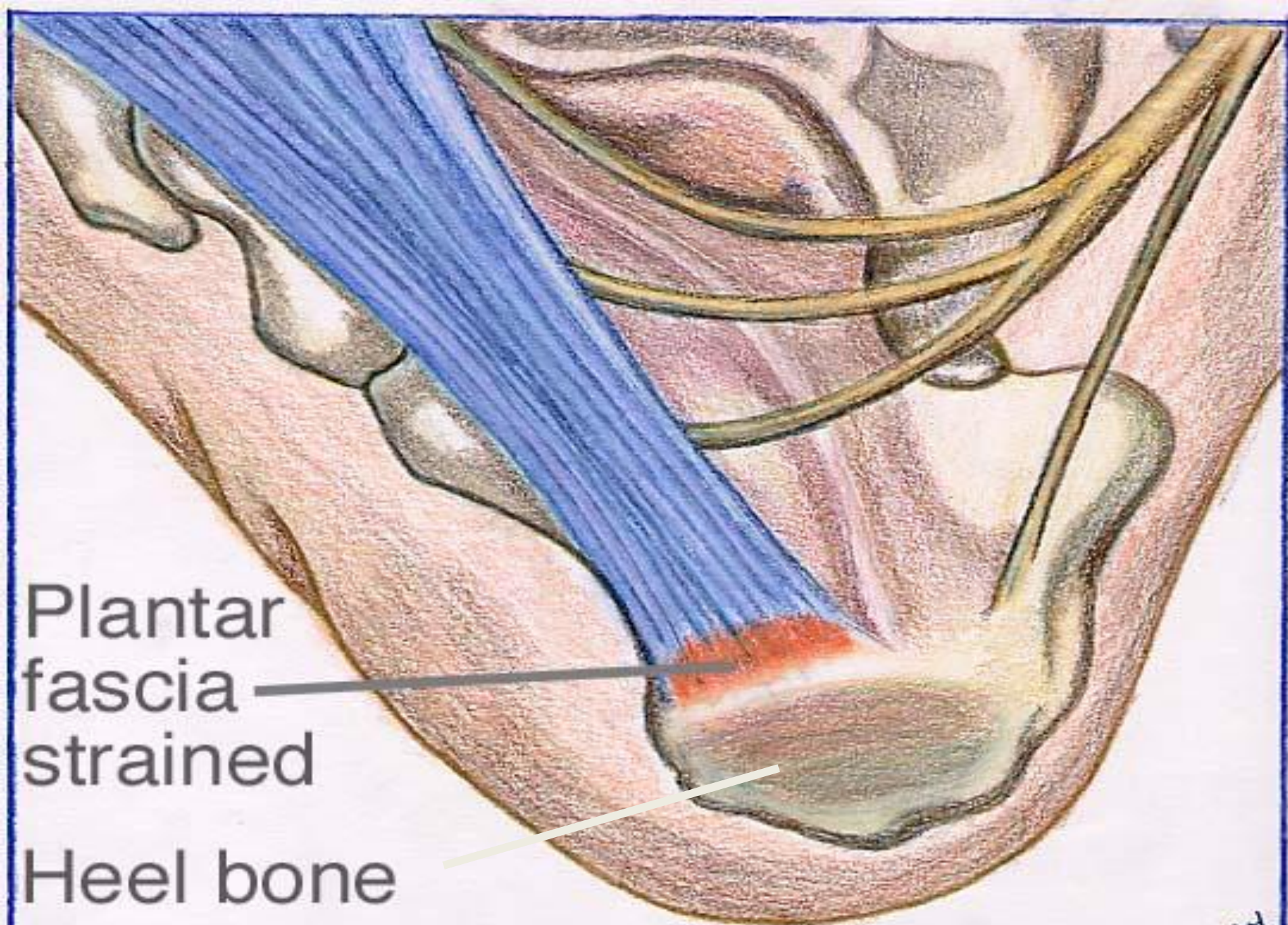


Note Straight Metatarsal



# Plantar Fasciitis / Heel Spur Syndrome

- Inflammation and partial tearing of a ligament band which attaches from the heel to the ball of the foot.
- Usually a result of poor arch support and overuse.
- May be accompanied by a calcified spur on the heel.
- Usually resolves with conservative treatments.



Plantar  
fascia  
strained

Heel bone

# Gout

- A build up in the blood and tissue of uric acid. Uric acid arises naturally in the body and from the breakdown of certain foods; red meats, seafood, and some nuts.
- Attack may be triggered by dehydration.
- Most commonly attacks the foot in the big toe joint. Symptoms include severe pain and swelling.
- Treatments vary.

# Gout

Redness and swelling of the big toe joint



# High Arched Feet / Pes Cavus

- Condition which may arise naturally or come from certain neurological disorders (Polio, MS or CP).
- May cause pain in the Achilles Tendon, arch or ball of the foot.
- Individuals are predisposed to contracted toes, arthritis or chronic ankle sprains.
- Treatments range from conservative to surgery.

# Pes Cavus / High Arch Feet



# Pes Cavus / High Arch Feet



# Flat Feet

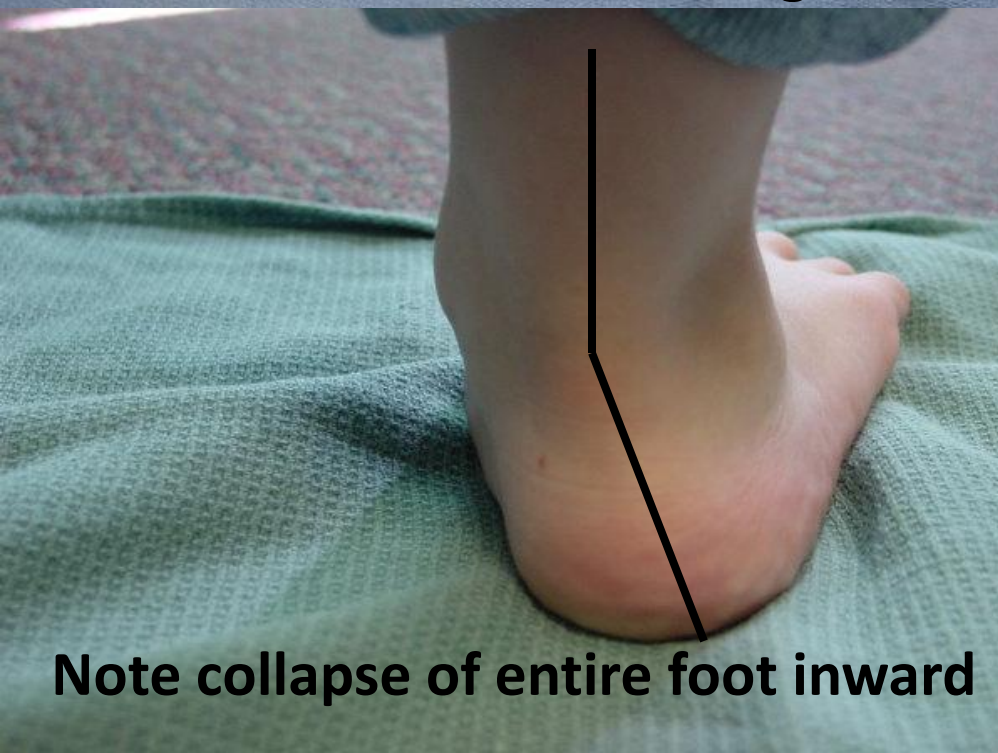
- A structural problem of low arches
- May be congenital or acquired.
- Pain may occur in the feet, ankles, knees or back. Individuals may be predisposed to bunions or arthritis.
- Can be corrected with shoe style changes, custom shoe inserts and surgery.



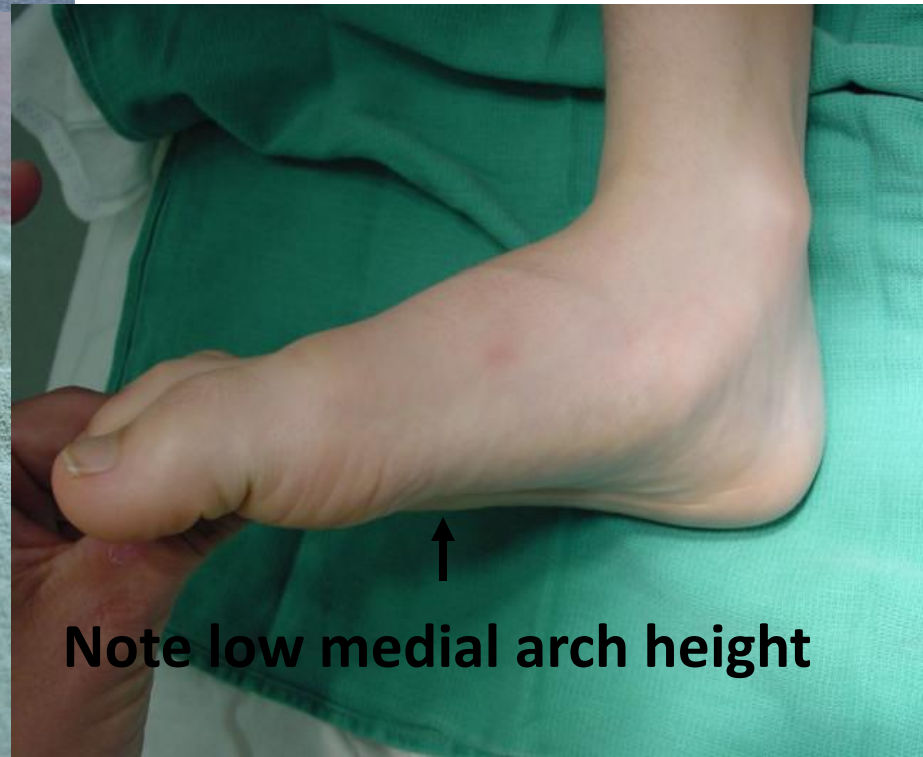
# Pes Planus / Flat Feet



Note low medial arch height



Note collapse of entire foot inward

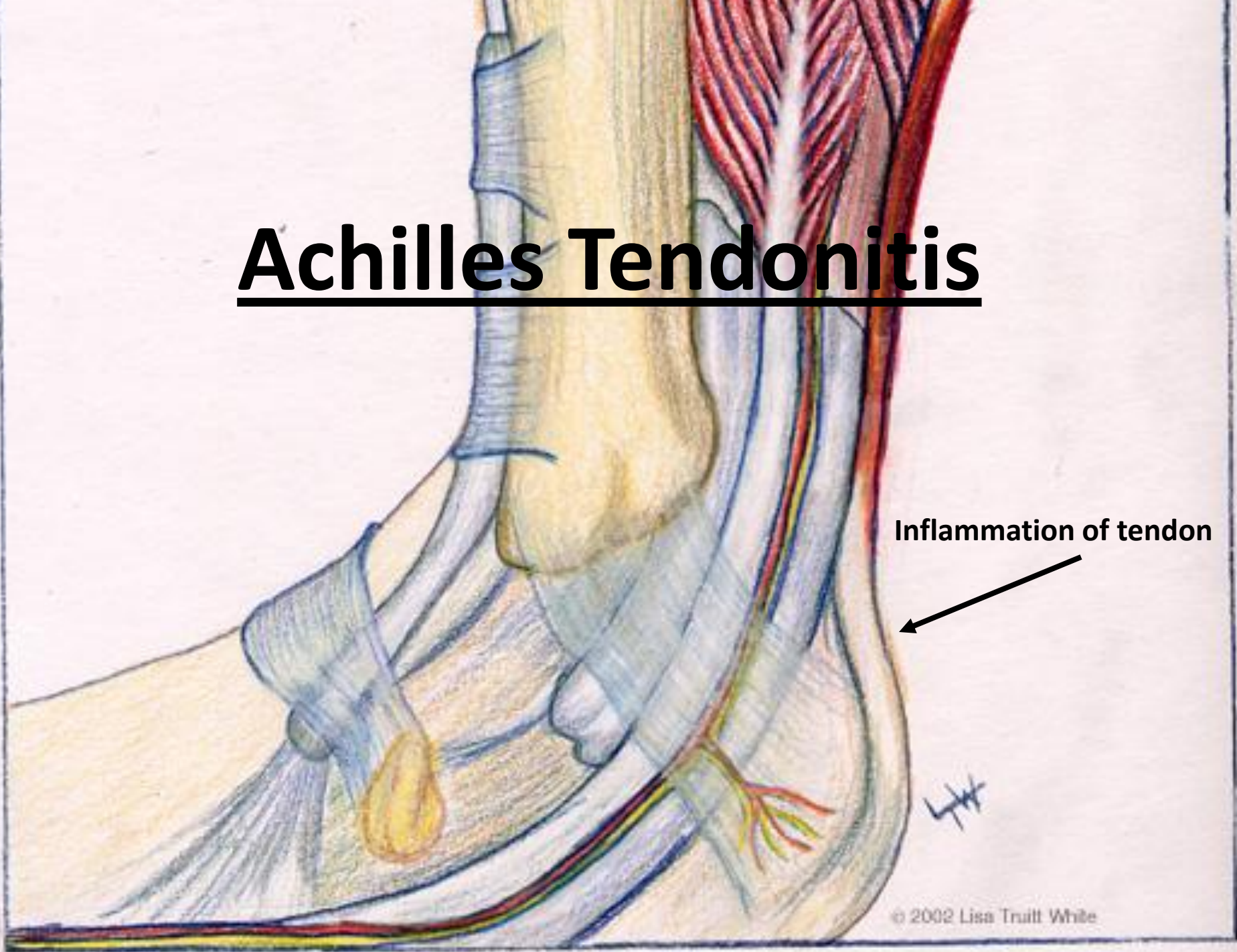


Note low medial arch height

# Achilles Tendonitis

- Inflammation of the tendon which may be caused by over use and/or tightness in the tendon.
- Swelling may occur at the back of the heel.
- May predispose patients to rupture of the tendon.
- Usually resolves with conservative treatments.

# Achilles Tendonitis



# Rheumatoid Arthritis

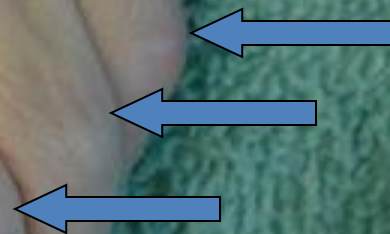
- An inherited arthritis which affects joints in the feet and hands.
- The joint destruction and deformities are progressive in nature.
- May predispose patients to bunion and hammertoe formation.

# Rheumatoid Arthritis

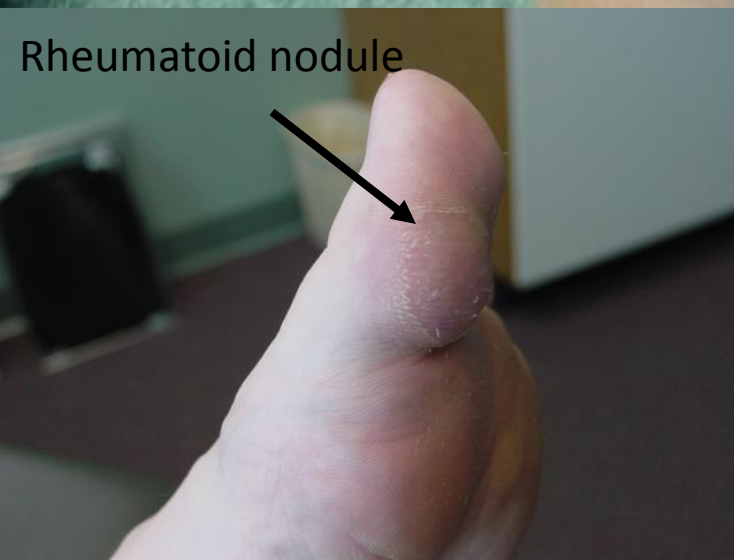
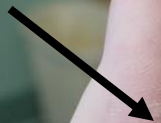
**Bunion Deformity**



**Hammertoe Deformities**



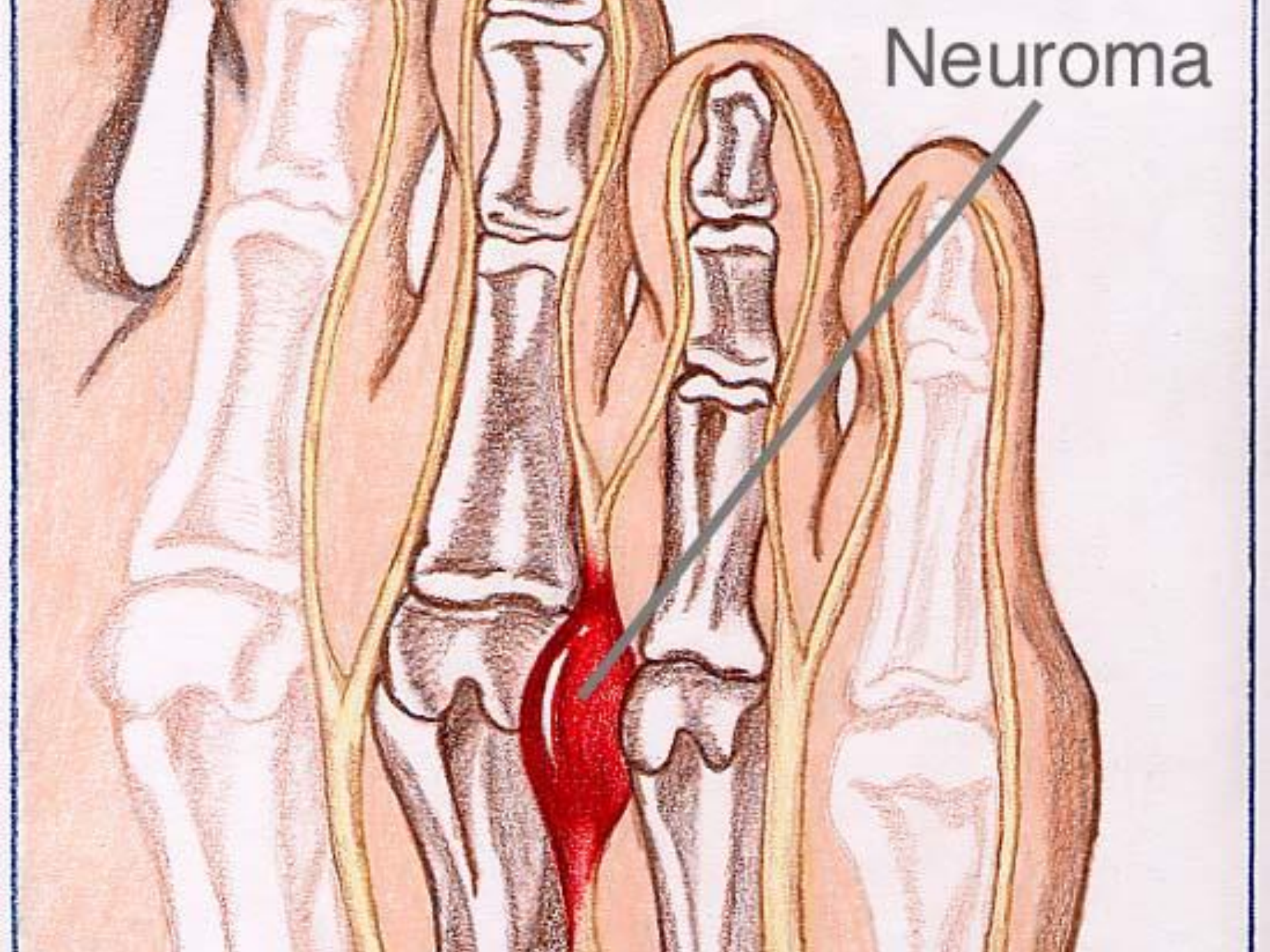
**Rheumatoid nodule**



# Morton's Neuroma

- Injured or compressed nerve most often between the 3<sup>rd</sup> and 4<sup>th</sup> toes.
- Burning / pain on the ball of the foot or toes.
- Patients may feel fullness or a mass in the area when they walk.
- Treatments may be conservative or surgical.

Neuroma



# Endoscopic decompression of intermetatarsal nerve





# Diabetes Mellitus

1. Circulation..
2. Sensation....
3. Skin Changes



# Complications



# Sensory/Numbness

- Loss of warning system
- Loss of proprioception
- More susceptible to falling or tripping
- Loss of balance



# Autonomic neuropathy affects

- Nerves that control sweating that can lead to severe dryness
- Nerves that control the blood vessels that can lead to severe swelling

# Heel Fissuring with Hyperkeratosis







# Ulcerations





# Amputation of hallux



# Amputation of forefoot



# Amputations



# Charcot Foot

- Progressive degeneration of a weight-bearing joint, a process marked by bony destruction, bone resorption, and eventual deformity. Onset is usually insidious.
- Decreased peripheral sensation
- Decreased proprioception
- Increased swelling

# Charcot foot



# Charcot





# Charcot





# The Foot Institute



**Dr. Efren Buff De La Rosa**

**532-3721**