

NEW YORK FOOT CARE



"The foot is a work of art,
a marvel of engineering."
-Leonardo da Vinci



The feet are like roots of a tree
if the roots are weak tree is weak

A Hand Book on Foot Care Treatments

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ATHLETE'S FOOT - A FUNGAL INFECTION

Athlete's foot is a misleading word because the condition does not only occur in athletes. It is a common name given to a fungus infection of the skin that mostly occurs in between toes but can occur anywhere on the foot. The main reason for Athlete's foot is a fungus and the condition is called tinea pedis. This fungus practically lives and grows everywhere just as long as the area is warm and moist. Therefore places like -- inside of your footwear especially rubber shoes that are not often aired out and dried properly -- is a perfect breeding ground for this fungus. Once the fungus inhabits your shoes, it is really hard to make it go away.

Often, people suffering from this foot problem will start to experience itching in between the toes. There will also be scaling and unusual redness in the skin. Soon after, the affected area develops crack and blisters occur. Scratching the affected area or touching it will cause the skin to open up and allowing the fungus to enter deep into the skin, thereby exacerbating the condition. It is also so much easier for the problem to spread to other areas of the foot when you are scratching and touching the affected area.

This condition can cause a great deal of discomfort and can affect an individual's quality of life. The skin involved may be get swollen and may contain sticky fluid. Patients may also experience a scaly dry rash on the bottom and sides of feet. This type of athlete's foot is called a moccasin pattern. Cracks or fissures usually occur between the toes, sometimes with an accompanied soft white scale.

The first symptoms include dry and itchy lesions. Patients often report a burning or stinging sensation. A common associated condition with athlete's foot is a fungal nail infection. If **athlete's foot** is not treated the lesion can become infected and extremely painful. When not treated early, fungal infections like these can become really severe with the toenails becoming yellowed and thick.

Although there are topical medicines available that can help your solve this problem, prevention is always the best treatment. Always wear cotton socks when using your rubber shoes. These absorb the moisture so that it will not adhere to the shoes. Of course, change those socks often as the sweat inside can also be a good environment for the fungus.



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COSMETIC FOOT SURGERY TO LOOK GOOD

Although there isn't any fixed numbers for how many people undergo cosmetic foot surgery, the procedure has seen a growing trend in recent years. One of the most important reasons for people to opt for cosmetic surgery of the foot is this: If you're going to fix it, fix it right. Over a period of time our feet become painful, sometimes even distorted. Strange bumps occur over the foot and cause pain with every step. After all, we ask so much of the foot and give it so little in return.

There are numerous conditions of the foot that require a restorative foot surgery. If you're going to take the time and energy to fix a foot problem, you may as well give the foot a nicer appearance while alleviating the pain. Some of the most common example of operative foot conditions includes Bunions. These appear as large bumps off to the side of the foot, creating a large and unsightly bony extrusion out to the side. A shortened long bone of the foot results in a toe that appears to lie on top of the surrounding toes in a very discomforting angle. It is a common surgically correctable condition of the foot.

Almost all of Cosmetic foot surgeries have been cases of foot conditions that cause pain or disfigurement. However, it has become more popular over the last five to ten years to correct aesthetic issues that do not cause pain. Though cosmetic surgery of the foot was originally used to hide scars and correct disfigurements, it is now becoming a surgical procedure to simply beautify the foot. Most people heal rather quickly after a cosmetic surgery but often the procedure will include the breaking of bones in order to reform the foot's appearance.

For some individuals the condition of the foot is very high on their priority list. Those in professions – like fashion, movies and hospitality -- in which beauty is essential, [cosmetic foot surgery](#) is an option to enhance the overall appearance. However it is not an effective method for reducing the size of the foot. The size of the foot is a naturally balanced biological factor that should not be altered. Changing the size of the foot can be devastating to the health of the feet. Cosmetic surgeons willing to alter the size of the foot often tread into risky territory.



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NEW TECHNIQUES FOR FOOT SURGERY

Foot pain can be debilitating to an active lifestyle. The pain can have many sources, from fractures and sprains to nerve damage. Often a foot surgical procedure is just one of the many options available to relieve pain. In some cases people opt for foot surgery to alleviate aesthetic discomfort. If there is a foot problem that requires surgery or you want an aesthetic problem taken care of, you have to see a foot specialist that can handle such problems.

There are multiple conditions that may require podiatric or [foot surgery](#). They range from the basic removal of various soft tissue lesions and ingrown toenails, to bone surgery, including repair of bunions and hammertoes. A common condition known as plantar fasciitis -- often found in conjunction with heel spurs -- that at times becomes chronic, may also require a foot surgery. Usually Hammertoes and foot and heel pain are the top surgically correctable foot conditions. Foot and heel pain can eventually become debilitating if not corrected on time.

Again bunions are abnormal bony bumps of the first big toe joint. The condition can result from abnormal foot structure, trauma or genetics and is frequently aggravated by wearing ill-fitting or inappropriate footwear. The condition may lead a patient to experience symptoms, such as joint pain with redness and swelling and, on occasion, restricted movement of the big toe joint. Most procedures allow for immediate walking with a surgical sandal.

Extra corporeal shock wave therapy (ESWT) is a relatively new and innovative surgical technique that exists for heel spur pain or plantar fasciitis, which cannot be corrected with conservative treatment. It is a non-invasive method where ultrasound waves are used to reduce the inflammation from the plantar fascia and resolve pain. This technique is helpful to relieve a patient's heel pain with minimal post-operative disability. Cavus feet may result in significant foot pain. Surgery for high arched (cavus) feet is generally reserved for the most symptomatic cases.

Similarly [foot and ankle surgery](#) treats a wide variety of foot and ankle conditions, notably structural conditions, trauma-related injuries, skin and nail conditions and congenital deformities. Many people have what are referred to as Flat Feet but are relatively asymptomatic. Flat feet may result in significant foot pain and deformity because of excessive pronation, which causes joint instability. Surgery for flat feet is generally reserved for the most symptomatic cases.



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TREATMENT FOR FOOT HEEL PAIN

Some people begin walking on the front of their foot because they experience foot heel pain. The pain is centered under the heel and may be mild at first but flares up when people take first steps after resting overnight. Many different things can lead to heel pain. Often too much running or jumping can inflame the tissue band (fascia) connecting the heel bone to the base of the toes. Your doctor can determine why you are experiencing heel pain and work with you to determine which [foot heel pain](#) treatment plan is right for you.

Some major types of foot heel pains are:

- a) *Plantar fasciitis*. Plantar fasciitis is a condition that occurs when the fascia becomes inflamed. This can happen because of too much jumping or running, arthritis, or wearing poor-fitted shoes. Foot heel pain treatment for plantar fasciitis includes: specific exercises, rest, and heel inserts.
- b) *Tendonitis*. Wear and tear can negatively affect the tendons in the foot, especially the Achilles tendon. When this happens, the Achilles tendon becomes inflamed, and pain behind the heel occurs.
- c) Heel spurs are also known to causes heel pain due to inadequate flexibility in your calf muscles, lack of arch support, being overweight, suddenly increasing physical activity, and spending too much time on your feet.

You may need to do special exercises and take proper medication to reduce effects of these conditions. Left untreated, foot heel pain often becomes chronic, and the person compensates for it by hobbling or limping for a few minutes every time they get up on their feet.

Some surgical procedures to correct Foot Heel Pain include Endoscopic Plantar Fasciotomy, which gives patients an excellent alternative to invasive surgery. The procedure is done under a local anesthetic and it takes less time to perform than some invasive techniques, and most patients are able to immediately put weight on the foot. Another attractive feature of this procedure is that patients usually return to wearing a regular shoe by the third day after the surgery, and miss very little -- if any -- time from work. In most cases, patients require minimal pain medication. There are also heel spur surgeries that are performed in a slightly different way. In some procedures the entire plantar fascia may not need to be cut. Instead, only a small portion of the ligament is detached to fix the heel.



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FOOT ACCUPUNCTURE

Accupuncture has a history of about 2,000 years, but some authorities claim that it has been practiced in China for some 4,000 years. The Chinese believe that the practice of acupuncture began during the Stone Age. The Chinese describe acupuncture by the character 'Chen', which literally means 'to prick with a needle'. Acupuncture like most other oriental healing forms may appear esoteric to the modern medical practitioner. **Accupuncture treatment** sees the human body as a pool of energy that is connected intricately to its environment from which it draws vigor and life forces. Any imbalance in this complex mechanism results in the physical body succumbing to illness and disease. Acupuncture cures this imbalance by inserting needles into the designated "xue" or accupunceture points. This harmonizes the imbalance thereby enabling the sufferer regain his health.

New York Foot Care (www.newyorkfootcare.com) – a Shrine for your feet, has been helping patients suffering from acute foot problems benefit from this effective healing technique. Your feet are undoubtedly one of most important part of your body. And it's important that they receive due care and pampering that they deserve. So never neglect foot related issues no matter how trivial they seems. Most foot ailments can easily be prevented, but there are occasions when the ailment due to years of neglect becomes serious and require some intensive treatment. New York Foot Care boasts of some of the best medical practitioners practicing oriental healing treatments that promise quick and effective relief for foot ailments.

Accupuncture also demands for some precaution when the diagnosis is in progress. Usage of disposable needles is must as well as alcohol, large meals, hot baths or showers or strenuous exercise immediately before or after treatment may counteract the effect and should be avoided. Our specialists at New York Foot Care chart a treatment regime only after thoroughly examining the condition of patient and minutely studying his or her medical history. Once the cause of the problem has been established, we brief the patient on the course of treatment beneficial for the patients.

If a foot surgery is vital for a quick recovery or it's important to follow up the treatment with a reconstructive foot surgery then we recommend and administer it to our patients. With **laser foot surgery** becoming popular due to its effectiveness and super fast results, we routinely use it on patients whose aggravated condition demands immediate attention. We have also helped a number of our patrons gain dainty and shapely feet through the help of cosmetic foot surgery. Visit us at www.newyorkfootcare.com for any foot related treatment you may require.



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