



AGONY OF  
de feet

UPMC  
Susquehanna

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## We've All Been There...

- Feet can hurt for many reason: the wrong type of shoes, improper fit, constantly wearing heels, weight or genetics.
- Each of these things can lead to long-term foot problems such as bunions, hammer toes, heel spurs, and plantar fasciitis....etc.

## Bunions

- A bone deformity most commonly from genetics.
- Treatments include:
  - Wear comfortable, well-fitting footwear
  - Surgery to reduce pain and correct alignment
  - Offloading
  - Medications

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## Hammer Toes

- A condition in which the toe bends abnormally.
- Treatments include:
  - Padding
  - Wearing shoes that will not aggravate the affected toe
  - Surgery

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## Heel Spurs and Plantar Fasciitis

- Bone growth extending from ligament insertion
- Treatments include:
  - Rest, Therapy
  - Ice, NSAIDs
  - Proper footwear or shoe inserts
  - Corticosteroid injections
  - Surgery for prolonged cases



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Etc...

- The foot and ankle make up a very complex and dynamic system. The slightest misalignment can create significant pain and long-term deformity. The key is to know when to act.

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## Talk to Your Physician...

- Regardless of your foot ailment, be sure to discuss your symptoms with your physician.
- Create a plan that will help you avoid the Agony of de Feet.

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QUESTIONS?



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