

GIVE YOUR FEET A HAND...
WITH SPECIALIZED
FOOT AND
ANKLE CARE



A Guide for Patients

Midwest 
Health Care Network

The Foot—an Amazing Feat of Engineering

The foot is an incredibly complex mechanism. Comprised of bones (26 in each foot), muscles, tendons, and ligaments, your feet are flexible enough to provide mobility in every direction, rigid enough to provide powerful propulsion, and strong enough to hold up under tremendous stress.



Our feet carry us thousands of miles per year, catch us when we slip off stairs and stepladders and support up to 1 million pounds of pressure during an hour of strenuous exercise. Despite the essential functions of the feet, we rarely think about them—until they hurt. Each year, foot and ankle problems account for over 4.8 million visits to physicians' offices.

State-of-the-Art Foot Care

Because our feet support us in so many routine activities, relieving foot and ankle pain can greatly improve one's quality of life. At Midwest Sports Medicine you will be treated by a podiatrist who is board certified in foot and ankle disorders.

You can expect us to—literally—get you back on your feet again by taking the time to properly diagnose your condition, recommend effective and efficient treatment options and lead you through the recovery process.

Diagnosis

A proper diagnosis involves obtaining a detailed history of your condition and performing a physical examination of your feet, legs, walking style and shoes. (Many foot and ankle problems are the result of poor footwear choices). X-rays and blood tests may be ordered.

To ensure the most accurate diagnosis, we also offer such advanced technologies as:

- **Open MRI (magnetic resonance imaging)** — reveals the condition of bones and soft tissues. . . quietly, comfortably and painlessly
- **CT (computed tomography) scan** — uses special X-rays to take multiple pictures that can be assembled by a computer to create a 3-D image
- **Nerve conduction velocity (NCV) study** — measures how fast nerve impulses travel along a nerve, revealing any dysfunction

Treatment

Most cases of foot and ankle pain can be treated without surgery. Conditions that cause swelling and pain can often be managed using traditional conservative approaches such as rest, ice, orthotics, prescribed exercises and anti-inflammatory medication.

Cortisone injections may offer some relief, but must be used sparingly as they can damage soft tissue. *Iontophoresis* is a newer type of cortisone treatment that uses electric current to increase the absorption of a cortisone cream through the skin and into the inflamed soft tissues.

For sports injuries, our physicians use the latest functional bracing methods whenever possible.

Surgery is recommended only when non-surgical options prove inadequate. In most cases, surgery is performed on an outpatient basis using minimally invasive procedures. This approach offers many advantages, including less pain, risk, recovery time and expense.

Whatever course of treatment you choose, you have the added satisfaction of knowing that your physician is an expert with a proven history of success in treating the most common—and uncommon—foot and ankle conditions.

Custom Orthotics

We are pleased to provide our patients with the ability to have custom orthotics made in the convenience of our office. We have specially trained staff to assist in the making of the mold. It usually takes one week to fabricate your new orthotics. Upon your return, our staff will verify the fit, provide break-in instructions and answer any questions that you may have.

Diabetic Foot Care

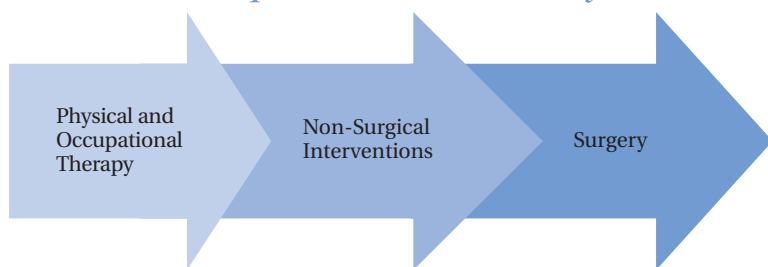
Patients with diabetes must have regular medical care to protect their feet and prevent minor problems from becoming serious. Our specialists provide routine diabetic foot care, including trimming or thinning of nails, and treating blisters and calluses so they do not progress to ulcers or infections. We also check the feet for signs of decreased circulation, decreased sensation, weakened bones and collapsed joints. Any abnormality, such as an infection, laceration or foreign object in the foot is treated as a medical emergency.

Recovery

Our patients have access to all the resources needed for complete rehabilitation and recovery.

Whether you are undergoing conservative treatment or a surgical procedure, our goal remains the same: *to restore health and function as rapidly and completely as possible with minimal risk.*

Orthopaedic Patient Pathway



Specialized Foot and Ankle Care

At Midwest Sports Medicine we specialize in the medical and surgical treatment of foot and ankle disorders resulting from injury, overuse, deformity and degenerative conditions. We provide complete diagnostic, treatment and rehabilitation services, as well as preventive intervention.

A partial listing of the foot and ankle conditions we regularly treat includes:

- Foot and ankle fractures
- Ankle sprain/instability
- Posterior tibial tendinitis/rupture
- Achilles tendon injuries
- Tarsal tunnel syndrome
- Plantar fasciitis (heel pain)
- Bunions and hammertoes
- Morton's neuroma
- Diabetic foot
- Ingrown toenail or infected nails
- Plantar Warts



The Difference Is... Better Care.

The physicians and staff at Midwest Sports Medicine are committed to exceeding your expectations. Come experience what makes us special, ***the difference is... BETTER CARE***

Web Site

For additional information about our practice or our physicians, please visit our web site at www.midwestsportsmed.com

Call now...

To schedule an appointment, call the central scheduling desk at 847-437-9889.



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