

Caring for Our Feet and Ankles

We rely on our feet and ankles for our everyday mobility. Their health and well-being play a large role in how we feel each day and how we get around. Our feet and ankles are vital—whether we're just carrying out our daily routines; keeping up with an exercise program, sports, or activity; or working at our jobs.

Yet problems with our feet and ankles often sideline us. According to the American Academy of Orthopaedic Surgeons, Americans made more than 11 million doctor visits in 2003 due to ankle, foot, and toe problems.

We subject our feet and ankles to an enormous amount of wear and tear. Everyday walking puts up to three times your body weight on your feet, and running puts up to five times your body weight on them. Poorly fitting shoes can make problems even worse. Genetic conditions, disease processes, and injuries can take their toll as well.

The good news is that most foot and ankle problems are treatable, so it's essential to find a skilled professional with the training and experience required for proper treatment of these conditions.

At Crozer-Keystone's Human Motion Institute, our specialists offer coordinated, complete, state-of-the-art foot and ankle care. Attention is given to the underlying medical conditions that affect foot and ankle complications, as well as to the role individual lifestyle, exercise, and sports habits play in foot and ankle health. Our caring professionals provide a personalized, individualized approach to each patient's problem.



Convenient Locations; Optimal Care

For generations, families in Southeastern Pennsylvania have relied on Crozer-Keystone's experienced teams of foot and ankle specialists for high-quality care. Crozer-Keystone's Human Motion Institute offers care at the following facilities:

CROZER-KEYSTONE
HUMAN MOTION INSTITUTE

CROZER-CHESTER
MEDICAL CENTER

Crozer Outpatient Center for
Therapy and Sports Medicine
One Medical Center Boulevard
Upland, PA 19013
(610) 447-2434

CROZER-KEYSTONE
HUMAN MOTION INSTITUTE

DELAWARE COUNTY
MEMORIAL HOSPITAL

DCMH Outpatient Center
for Therapy and Sports Medicine
1500 Garrett Road
Upper Darby, PA 19082
(610) 284-8670

CROZER-KEYSTONE
HUMAN MOTION INSTITUTE

SPRINGFIELD HOSPITAL

Springfield Healthplex Outpatient Center
for Therapy and Sports Medicine
190 West Sproul Road
Springfield, PA 19064
(610) 328-8800

CROZER-KEYSTONE
HUMAN MOTION INSTITUTE

TAYLOR HOSPITAL

Taylor Made Outpatient Center
for Therapy and Sports Medicine
Route 420 and Second Avenue
Folsom, PA 19033
(610) 237-9993

For a referral to a Crozer-Keystone foot and ankle specialist,
call 1-877-CK-MOTION (1-877-256-6846)
<http://ckshmi.crozer.org>

The Human Motion Institute is a comprehensive program of musculoskeletal services provided across the health system including orthopedic/joint care, sports medicine, hand care, outpatient rehabilitation, foot/ankle care, and spine care. Services include surgery, therapy, education, medical management and more.



Were 5 hospitals, 2,600 doctors and nurses, and 7,100 caring people with 1 vision.
Crozer-Keystone. Something to feel good about.

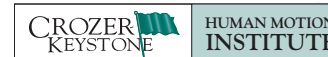
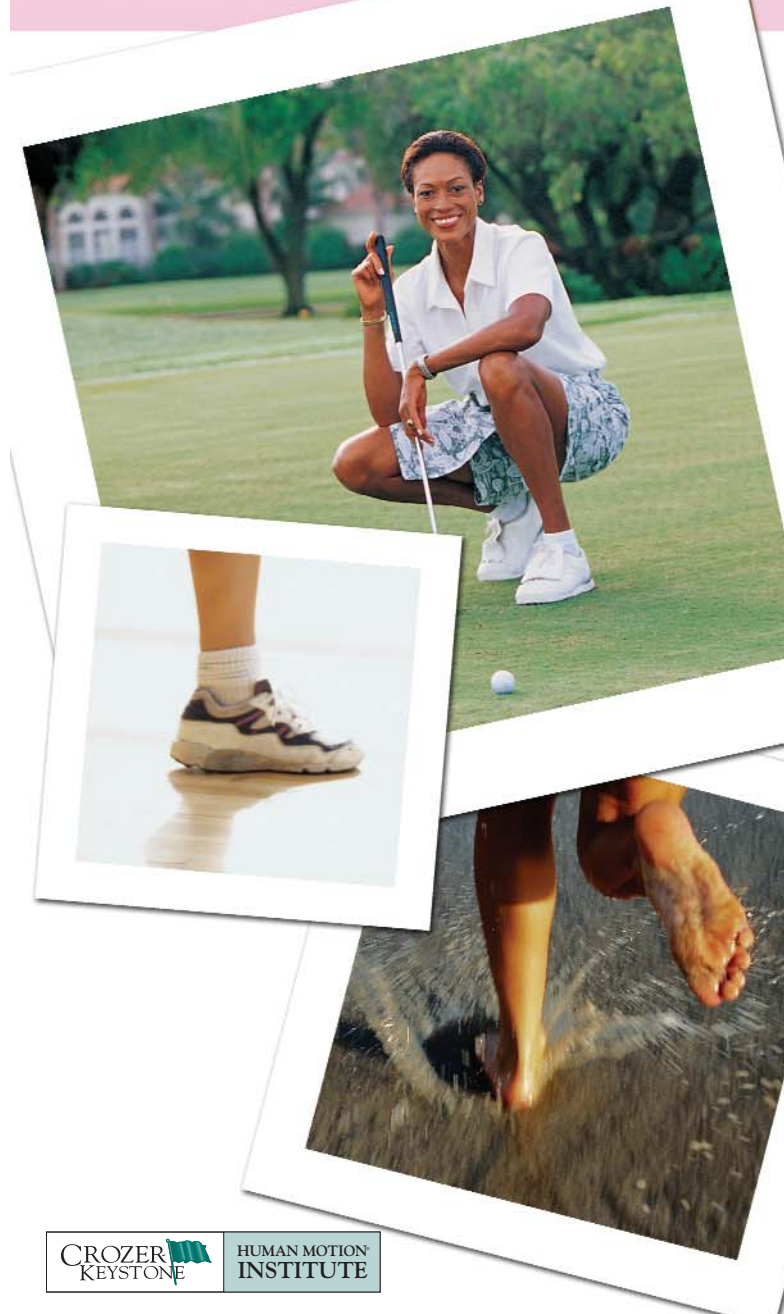
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"Crozer-Keystone physicians" are those doctors who hold staff privileges at CKHS-owned hospitals. They may not be employees of CKHS or its subsidiaries.

Advanced Foot and Ankle Care

at
CROZER-KEYSTONE HEALTH SYSTEM'S
HUMAN MOTION INSTITUTE

Keeping You in Motion



Foot and Ankle Solutions

The human foot contains 26 bones, 33 joints, and more than 100 tendons, muscles, and ligaments. Meanwhile, the ankle is a complicated joint that is actually composed of two joint regions. Studies show that at least three-quarters of Americans experience foot problems at some point in their lives. But most do not seek medical assistance, as they assume foot and ankle pain is a “part of life.” Many try to treat their foot and ankle ailments at home, often with unsuccessful results.

Why do people visit foot and ankle specialists?

The foot and ankle specialists at Crozer-Keystone’s Human Motion Institute see a variety of patients for many reasons. Some foot and ankle problems are minor and quickly remedied; others may require surgical treatment or therapy over a period of time. The reasons that people visit a foot and ankle specialist may include, but are not limited to:

Achilles tendon problems • ankle sprains and strains • arch pain (plantar fasciitis) • athletic injuries • broken bones • bunions • diabetic foot care • flat feet • foot pain • fractures • gout • heel pain • nail problems • peripheral neuropathy • reconstructive surgery and limb salvage of the foot and ankle • shin splints • sinus tarsi syndrome • swollen feet • tarsal tunnel syndrome • tendonitis • toenail fungus

Foot and ankle problems are treated with orthotic appliances and shoes, medicine, rest and/or physical therapy, injections or surgical procedures. Today’s procedures, therapies, and treatments offer more relief and healing than in previous generations.

Which specialist should I contact if I have a foot or ankle problem?

At Crozer-Keystone’s Human Motion Institute, foot and ankle care is offered by orthopedic surgeons, podiatrists, sports medicine physicians, and physical therapists.

- *Orthopedic surgeons* are trained in the diagnosis and treatment of injuries and diseases of the entire musculoskeletal system, including foot and ankle care. Some have received special training in the care of foot and ankle problems.
- *Podiatrists*—sometimes called “foot doctors”—are physicians and surgeons who specialize in the medical care of the foot, ankle, and lower leg.
- *Sports medicine specialists* are physicians and surgeons who specialize in the prevention and treatment of sports and athletic injuries and challenges.
- *Physical therapists* help restore motion, strength and flexibility, and reduce pain. They also educate on preventive measures to reduce the incident of injury.

All of Crozer-Keystone’s Human Motion Institute foot and ankle specialists offer advanced diagnostic procedures, as well as state-of-the-art treatments and therapies. As a group, they work together to ensure that each patient gets optimal care.

Are there ways to maintain foot and ankle health?

Specialists agree that regular exercise, healthy habits, and maintaining a healthy body weight go a long way in helping to prevent foot and ankle problems. The American Orthopaedic Foot and Ankle Society has found that foot and ankle problems are much more common in those who have a higher weight and body mass index (BMI).

It is helpful to wear comfortable and properly fitting shoes with adequate cushioning. Strengthening exercises and stretches can be useful in toning the muscles, ligaments, and tendons of the feet and ankles.

What if surgery is necessary for a foot and ankle problem?

Sometimes surgery is indicated for certain foot and ankle problems. The surgeons of Crozer-Keystone’s Human Motion Institute are specially trained to surgically treat foot and ankle problems in the least invasive way possible, encouraging quicker recovery

periods and an accelerated return to normal activities. Surgical candidates are carefully evaluated with sophisticated diagnostic technology as well as hands-on examination and careful health history review. In some cases, surgery can be done arthroscopically (using a camera and instruments placed inside a small incision). Much attention is given to mentally and physically preparing each patient for their procedure and to developing a personalized after-care plan.

Do foot and ankle specialists see patients for sports-related injuries?

Absolutely. Special care should be taken to avoid exercise-and sports-related foot and ankle problems. According to the American Academy of Podiatric Sports Medicine, a 150-pound runner who runs three miles puts a cumulative impact of 150 tons on each foot. With all the effort required of them, healthy feet are essential parts of a successful fitness and sports program. Approximately 20 percent of all sports-related injuries occur in the foot or ankle. Whether injuries happen through fitness routines, competitive or professional sports activities, Crozer-Keystone’s foot and ankle specialists offer complete and thorough care.

Do foot and ankle specialists help with “minor” problems, such as fungus and nail issues?

Yes. Although they may sound insignificant, fungus and nail problems, as well as corns, calluses, and warts, can cause a great deal of discomfort and impair mobility. Many sufferers try to treat these problems with over-the-counter remedies, but left untreated, these ailments can develop further and cause larger problems. Foot and ankle specialists can help. Certainly, any wound or ulceration on a foot that does not heal rapidly by itself needs to be examined promptly by a specialist, especially in those with chronic medical problems such as diabetes.