



# Foot & Ankle Care

Our foot and ankle specialists work as a multidisciplinary team to evaluate, diagnose, and treat a wide array of foot and ankle conditions — from everyday sprains and bunions, to the most complex non-healing fractures and arthritis.

## OUR TEAM

Our board-certified surgeons have advanced fellowship training specifically for foot and ankle disorders in addition to their five year residency in orthopedic surgery. Our surgeons are national and international leaders in foot and ankle surgery, and serve in leadership roles in many organizations, including the American Orthopaedic Foot and Ankle Society (AOFAS).

Patients benefit from a dedicated care team, including:

- Certified nurse practitioners
- Physical therapists
- Certified pedorthists and orthotists

Our certified nurse practitioners have done extensive one-on-one training with our foot and ankle surgeons, and are able to diagnose and treat non-operative foot and ankle related conditions. Pedorthists and orthotists make custom foot orthotics and braces for patients for comfort and support of the foot and ankle.

## TREATMENT APPROACH

We diagnose and treat all foot and ankle problems, including sports-related injuries and deformity correction. We train the next generation of foot and ankle surgeons and use evidence-based medicine to determine the most appropriate treatment options and procedures, using conservative treatment and advanced surgical techniques when necessary.

We offer comprehensive services through outpatient or inpatient (hospital-based) care or at several locations across the St. Louis area in the most appropriate setting for each patient. Rehabilitation services are readily available in both inpatient and outpatient settings and focus on pain relief, mobility and improved function.

Our physicians are highly specialized, providing unique services and advanced treatment options for a variety of foot and ankle conditions.

### Innovative techniques include:

- Shockwave therapy for chronic heel pain
- Minimal incision surgical treatment to repair acute Achilles tendon ruptures as well as calcaneus (heel) fractures
- Surgical treatment for osteoarthritis of the great toe (without fusion)
- Total ankle joint replacement for ankle arthritis
- Tendon transfer procedures for correction of foot drop



### COMMONLY TREATED CONDITIONS

- Reconstruction of arthritic joints and deformities
- Tendon/ligament injuries
- Sports injuries
- Trauma, including simple or complex fractures of the ankle and foot
- Bunions
- Hammertoes
- Congenital deformities
- Flat foot deformity
- Tendonitis
- Heel pain (plantar fasciitis)
- Interdigital neuromas
- Neuromuscular deformities including foot drop or deformities caused by nerve or muscle imbalance
- Overuse injuries



### RESEARCH AND CLINICAL TRIALS

We are nationally recognized for orthopedic research and premier clinical care. Our research program is consistently a top-funded orthopaedic program in the United States by the National Institutes of Health.<sup>1</sup> For information on current research and clinical trials available, please visit [ortho.wustl.edu](http://ortho.wustl.edu).

Source: <sup>1</sup>Blue Ridge Institute for Medical Research  
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### Schedule an appointment:

 (314) 514-3500

 [ortho.wustl.edu/Foot](http://ortho.wustl.edu/Foot)



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