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Welcome to 2024! It's a great time to celebrate. This year marks the 70th Anniversary of Rock N' Roll. It's the music that the Boomers were born with. It's the music that still reverberates in America's soul. The naysayers may think there is no more gas in the tank for Rock N' Roll; but hang on to your seat as some of the major bands hit the touring circuit. As the Boomers would say, "It's going to be out of sight!"

The naysayers may also think the Boomers are about to fade into the sunset but that isn't going to happen! I see them walking at sunrise. I see them biking. I see them actively engaging in life! They are definitely not ready to trade their independence for wheelchairs and rockers. This is a generation that understands the importance of healthy feet and they are coming in to see us at our foot clinics for tune-ups. We are doing everything possible to help them restore their mobility and showcase their sexy toes! Here's some tips for those of you who want to achieve healthy feet and Rock N' Roll in 24!

Let's Rock N' Roll with Healthy Feet in 24!

Tip 1: Stop bunion discomfort and pain!

Don't let a bunion stop your quality of life. Bunions are one of the most common pathologies we see and treat because we can provide conservative and surgical options to reduce or end the painful conditions. We can also restore mobility and improve the appearance of their foot.

We are the only podiatry clinic in central Illinois that has a **weight-bearing CT scanner**. This incredible imaging allows us to see what the bodies weight does in three dimensions. We can customize our bunionectomies on a case-by-case basis; and to select the procedure that is ideally suited for the patient to achieve the best outcome and cosmetic result.

Typically, the patient is immediately weight-bearing and able to walk the same day of the surgery. Most of our patients are able to drive a car the day after surgery even with the right foot. Patients usually wear a running shoe while they heal for about ten days after the operation.

The placement of the incision is usually made along the bottom portion of the arch, and is not noticeable.

We use a surgical technique called the **Swiss Compression technique** for bunion correction. This allows us to put the bone back together in a very stable fashion and patients can walk the day of surgery.

Tip 2: Don't let hammertoes cramp your style!

Almost everyone at some point in time is going to experience the

pain and discomfort of a hammertoe. Don't let it cramp your style!

Hammertoes are a contracture of the small toes in your foot. When they contract, the toes move upward and hit the top of the shoe. Constant rubbing often causes pain. Patients are able to come into our clinic and have x-rays and a weight bearing CT scan so we can see in three dimensions and make a precise diagnosis.

Most often, we are able to numb the toe right in the office and perform a **percutaneous needle tenotomy** that allows us to release the tendons and straighten the toe during the first appointment. Afterwards, we place a band-aid over the site and they're able to go back into their normal shoe. The patient is able to recover extremely fast and they have no restrictions or activities.

Patients can get their foot wet immediately afterwards and most feel immediate relief of their symptoms. The toe actually lies in a normal position the same day of surgery. Patients don't swell afterwards and that's what allows them to get back to their lives extremely fast.

No incisions are made and patients have a very cosmetically pleasing result with a straight toe that doesn't hurt any longer. There is no scarring so patients may wear sandals or open toe shoes without anyone noticing the correction.

Tip 3: Say goodbye to toenail fungus!

Millions of Americans are suffering from toenail fungus (Onychomycosis). This condition can be a very embarrassing and

annoying; and it's extremely difficult to manage. In most cases, it will not go away on its own and can take years to get under control. It is also contagious and can spread to others in your household. Sometimes, it may lead to a more serious infection in the bloodstream, wound, and respiratory system.

We see patients all the time who come in with very dark yellow stained toenails. In many cases, the nail becomes so thick it actually causes pain and has a foul odor.

We were the first podiatric clinic in central Illinois to offer the **Cutera Genesis Plus Laser treatment** for toenail fungus which is considered to be "best in class." We have treated over a thousand patients since 2012 and experience an 80% success rate for a reduction or complete cure of fungus problems.

Winter is a perfect time to schedule laser treatments because it usually takes between three and nine months for your nails to clear. If all goes well, you will be able to end the embarrassment of unsightly toenails by spring or summer. **Special winter discounts are available.**

Let us help you **Rock N' Roll with healthy feet in 24!** We can help you end your pain and rejuvenate your feet. Schedule an appointment with one of our board-certified foot and ankle surgeons. We can be reached at (217)787-2700, and have clinics in Springfield, Decatur, Shelbyville, and Carlinville. Also visit myfootandanklecenter.com for more information.



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