

# Innovative hammertoe surgery is a winner!

**Submitted by**  
**Foot & Ankle Center of Illinois**

Almost everyone at some point in time experiences the pain and discomfort of a hammertoe. A hammertoe is a contracture of one of the smaller toes in your foot. When the toe contracts, it rides upward and actually hits into the top of the shoe. A lot of times, rubbing on the shoe causes pain.

According to John M. Sigle, advanced foot and ankle surgeon at the Foot & Ankle Center of Illinois, "Many of our patients are embarrassed by this common toe deformity and afraid to wear open toe shoes or sandals. Some experience significant pain and have to wear alternate shoes. Most patients delay treatment because they are afraid of surgery and scarring."



The procedure is done during the very first appointment. The patient wears a band-aid afterwards and is able to go back into their normal shoe. There are no restrictions to their activities and they can get their foot wet immediately afterwards. Most patients feel immediate relief



a consult or book on-line at [myfootandanklecenter.com](http://myfootandanklecenter.com). The Foot & Ankle Center of Illinois is located in Springfield, Decatur, Carlinville, Taylorville, Shelbyville, Sullivan, and Monticello. Appointments are usually honored within twenty-four hours. No referrals are necessary and all insurances are accepted except Medicaid. Visit [myfootandanklecenter.com](http://myfootandanklecenter.com) to view a short podcast of Dr. Sigle performing a percutaneous hammertoe procedure.



"In most instances, patients are candidates for a simple in-office percutaneous surgical procedure that can be accomplished in five minutes," said Sigle.

"We are able to numb the toe right here in the clinic and make a percutaneous incision (needle puncture vs open incision) that allows us to release the tendons and straighten the toe. This procedure is beneficial because it eliminates the need to make a large incision that can be painful and, in some cases, bleed and become infected. The small hole seals easily, and it heals much faster than a larger incision," said Sigle.

At the Foot & Ankle Center of Illinois, patients are able to come to the Springfield clinic, have x-rays or a weight bearing CT scan immediately without delay. The podiatrist is able to view the images in three dimensions to determine exactly what the toe is doing, make an immediate diagnosis, and discuss surgical options with the patient.

of their symptoms and the toe actually sits straight the same day of surgery. Without incisions, patients don't swell afterwards and are able get back to their normal routines. Recover is extremely fast.

According to Sigle, "This is a very cosmetically- pleasing procedure because there are no incisions; and the patient has a straight toe that does not hurt any longer. An added benefit is that the patient is no longer self-conscious of their toe deformity and able to wear open-toe shoes or sandals outdoors.

If you are tired of living with a painful hammertoe condition that has cramped your lifestyle and caused embarrassment, contact the Foot & Ankle Center of Illinois at 217-787-2700 for



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