



Preventing Foot Problems with Podiatric Surgery

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Received date: 15 February, 2023, Manuscript No. CRO-23-96675;

Editor assigned date: 17 February, 2023, Pre QC No. CRO-23-96675(PQ);

Reviewed date: 03 March, 2023, QC No. CRO-23-96675;

Revised date: 10 March, 2023, Manuscript No: CRO-23-96675(R);

Published date: 17 March, 2023, DOI: 10.35248/cro.1000074

Description

Podiatric surgery is a specialized branch of medicine that deals with the surgical treatment of conditions affecting the feet and ankles. The feet are an essential part of the body, and any problem with them can significantly affect a person's quality of life. Therefore, it is important to prevent foot problems from developing in the first place. Preventive measures can include proper footwear, regular exercise, and good hygiene practices. However, in some cases, podiatric surgery may be necessary to correct foot problems and prevent further complications. One of the most common foot problems is bunions, which are painful bony protrusions that form on the side of the big toe. Bunions can be caused by a variety of factors, including genetics, improper footwear, and arthritis. In mild cases, non-surgical treatments such as wearing supportive shoes, using orthotics, and taking pain medication can provide relief. However, in more severe cases, surgical intervention may be necessary.

Bunion surgery involves removing the bony protrusion and realigning the toe joint. There are several surgical techniques available, and the most appropriate one depends on the severity of the bunion and the patient's overall health. The procedure is typically performed on an outpatient basis, and recovery time varies depending on the extent of the surgery. Patients are usually able to walk on their own within a few days, but it may take several weeks or months to fully recover. Another common foot problem is hammertoe, which is a deformity of the toe joint that causes it to bend downward instead of pointing straight ahead. Hammertoes can be caused by genetics, arthritis, or wearing tight or ill-fitting shoes. In mild cases, non-surgical treatments such as wearing comfortable shoes and using orthotics may provide relief. However, in more severe cases, surgical intervention may be necessary. Hammertoe surgery involves removing a small piece of bone from the affected joint and realigning the toe. The procedure is typically performed on an outpatient basis, and recovery time varies depending on the extent of the surgery. Patients are usually able to walk on their own within a few days, but it may take several weeks or months to fully recover.

Plantar fasciitis is another common foot problem that affects the plantar fascia, a thick band of tissue that runs along the bottom of the foot. This condition causes pain and inflammation in the heel and can be caused by a variety of factors, including overuse, improper footwear, and obesity. In mild cases, non-surgical treatments such as rest, ice, and physical therapy may provide relief. However, in more severe cases, surgical intervention may be necessary. Plantar fasciitis surgery involves cutting the plantar fascia to relieve pressure and tension on the affected area. The procedure is typically performed on an outpatient basis, and recovery time varies depending on the extent of the surgery. Patients are usually able to walk on their own within a few days, but it may take several weeks or months to fully recover.

Citation: Crew S (2023) Preventing Foot Problems with Podiatric Surgery. Clin Res Orthp 7:1.