

Monthly Newsletter



Free please take a copy

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Accepting new patients

Contact Your Foot

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Oh No!!

*In January, we had 24
patients that failed to
attend their
appointment!*

Introducing minimally invasive surgery

For those who have been treated the tingling, numbness or pain of Morton's neuromas or the pain, throbbing and aching of plantar fasciitis you will know there are many successful treatments available. But for those without that success with treatment, injections, orthotics lifestyle and shoe changes surgery may be an option.

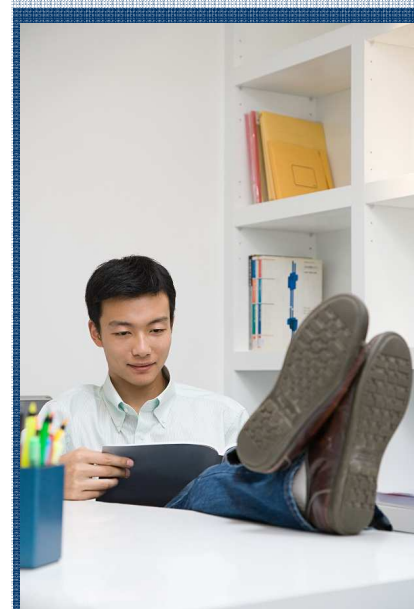
As an alternative to existing techniques the The *Koby Isogard* was marketed as an alternative surgical system, and with a rebranding by its new manufacturers – Osteotec – it is now known as '*KobyGard*'. This system is both versatile and is specifically designed for the management of these two conditions - chronic plantar fasciitis and Morton's neuroma.

The design allows the treatment area to be isolated and perform either Minimally Invasive Nerve Decompression (or MIND - in the case of Morton's neuroma)

or Minimally Invasive Plantar Fasciotomy (or MPF - in the case of plantar fasciitis).

The system allows for a minimal invasive technique, allowing for an alternative more invasive or radical procedures such as nerve excision (with Morton's neuroma) or endoscopic or open plantar fasciotomy (with plantar fasciitis). Patients can gain the benefits of minimally invasive surgery (where a single small incision is made, under local anaesthetic with a precise predetermined cut of the transverse metatarsal ligament or plantar fascia) while in the convenience of a minor surgery setting.

In emphasising "the minimally invasive benefits of the *KobyGard* system" in Podiatry Today [Volume 19 - Issue 9 - September 2006](#) (pg30-32), Richard Lundeen, DPM stated "using the *KobyGard* system to facilitate percutaneous treatment with these three



Introducing minimally invasive surgery (Cont'd from previous page)

procedures has proven to be reliable, quick and relatively free of complications."

Whilst Robi Garthwait, contributing editor in Podiatry Today says, "when initial therapies such as a change in footwear or orthoses fail to work, surgeons say the *KobyGard* system is making a big difference for patients suffering from chronic neuroma pain." May 03, 2005

[Volume 18 - Issue 5 - May 2005](#) (page 87).

In a study by Xu and others in November 2012 of the Journal of Chines Medicine (Engl) (125(22):3966-71), nine patients were followed before and after their Minimally Invasive Plantar Fasciotomy (MFP). Interestingly before surgery the

average pain reported by patients for their plantar fasciitis was 9.3 out of 10 (with 0 equalling no pain and 10 equalling maximal pain). After surgery they reported an improvement with an average pain of 1.9 out of 10. The researchers concluded that "minimally invasive surgery treatment of the *KobyGard* system for plantar fasciitis has the advantages of shorter operation time, ease of operation, and similar satisfaction rates with open surgery, but with smaller surgical incision."

Osteotec market *KobyGard* as a "simple and versatile alternative for common soft tissue foot procedures". Risks and benefits of all procedures are patient specific should be discussed with your Chiroprapist.



A Chiroprapists Role in Rheumatology

Chiroprapists play a crucial role in treating the foot related problems associated with autoimmune diseases such as rheumatoid arthritis. RA affects the smaller joints like toes and fingers, making feet commonly affected.

Therefore, it is essential for anyone with RA or any autoimmune disease affecting the lower limb or foot such as scleroderma/systemic sclerosis or systemic lupus erythematosus to seek help from a chiroprapist for a proper assessment and periodic review of foot health needs.

Typically, your chiroprapist will inspect the foot's nerve function, circulation, and overall health to identify, diagnose and treat diseases, deformities, and disorders of the feet and legs as well as implement proper and timely care.

A Chiropodists Role in Rheumatology

(cont'd from previous page)

They will also review the necessary footwear, consider the need for additional lab work, gait assessment and or specific imaging.

Treatment from Chiropodists includes assistance with wound care, orthoses or prescription/supply of medication, minor injury education, administration of steroid injections and advice about general foot care.

In hospitals and large medical centre's,

chiropodists work alongside the rheumatology team when planning and providing treatment.

Range of Treatments Provided by Podiatrists

Treatment and advice from Chiropodists will be based on information obtained from both assessment and history of a person's foot problems.



Treatments include:

- Specialist management and assessment of wounds/ ulcers
- Palliative foot care, including general nail care, which could be difficult when nails are distorted
- Assessment and advice about proper footwear choices, adaptations and accessing specialist footwear services.
- Prescribing special orthoses for the feet like splints or insoles. These can range between soft devices that cushion tender areas under the foot to firm ones that realign the foot
- Advice regarding lower limb function such as management of acute and chronic inflamed joints, joint protection, surgical options, and appropriate exercise. ♦

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

Note our new opening hours on a Wednesday.
8:00am – 6:00pm

*The Care,
Professionalism and
Time that your feet
deserve*



Patient Survey Feedback

We have now collated our patient questionnaire results for 2019. We are pleased to publish the results below:



Questions put to Patients

**% of Patients
scoring: Very
Good or
Excellent**

How well the clinic ran to time?	99.7%
The environment in the office – clinic / reception?	100%
Were there clear explanations during your treatment that you could understand?	100%
The skills of the person you saw?	100%
The personal manner of our team?	100%
How well did you feel your concerns were addressed / treated at your appointment?	99.7%
How do you feel about the quality of the visit overall?	100%



2019 figures based on 292 questionnaire responses collected between Jan 2019 & Dec 2019.

Foot quote of the month

If you keep your mouth shut, you will never put your foot in it

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<https://twitter.com/footcareontario>

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