

THE PAINFUL FOOT

2012

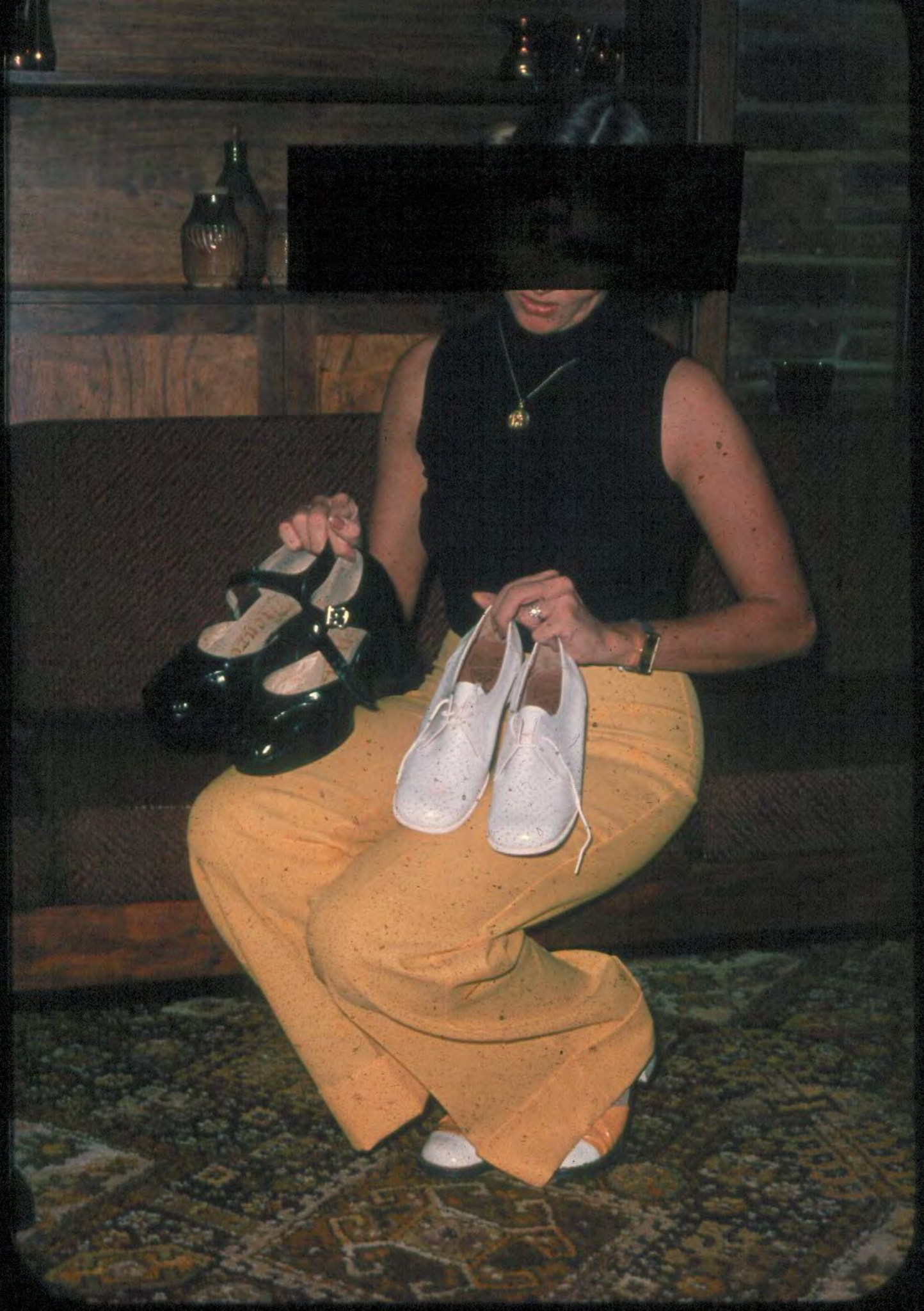
OVERWEIGHT



BUNIONS AND CLAW TOES

Bunions

- Hereditary
- Shoes
- Narrow pointed high heels







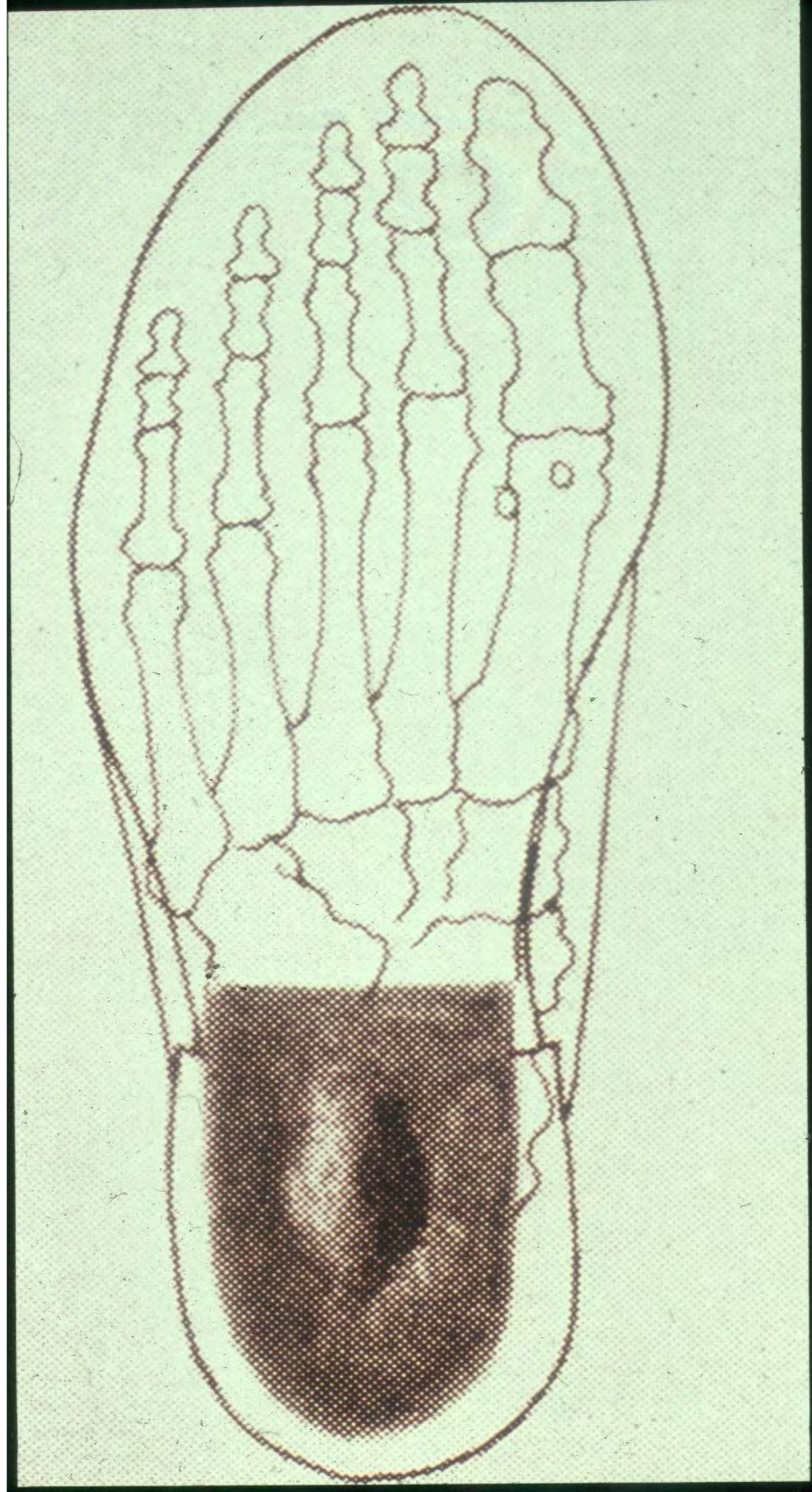


Bunions

- Amputation of a toe: not an option
- Major surgery

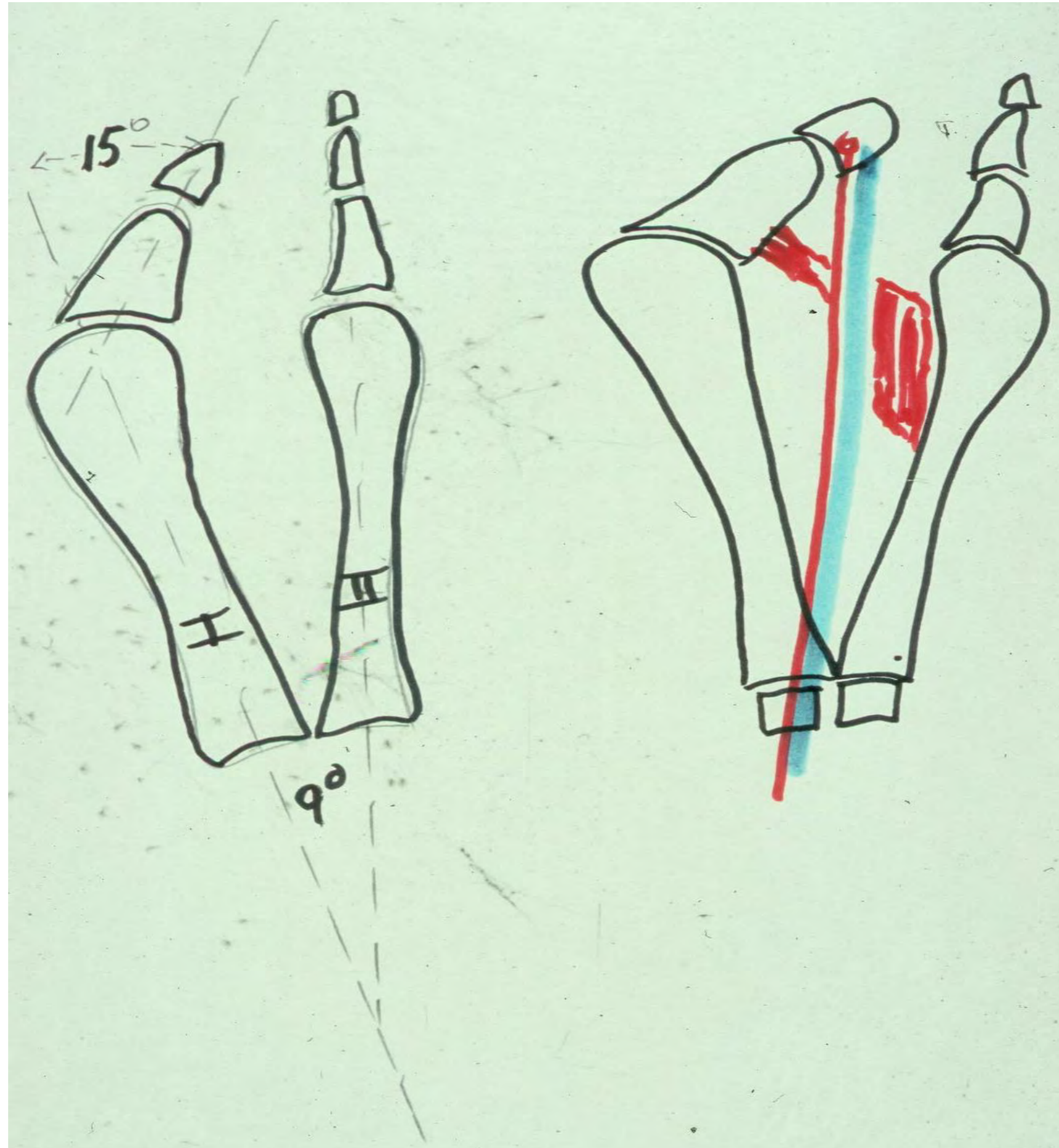




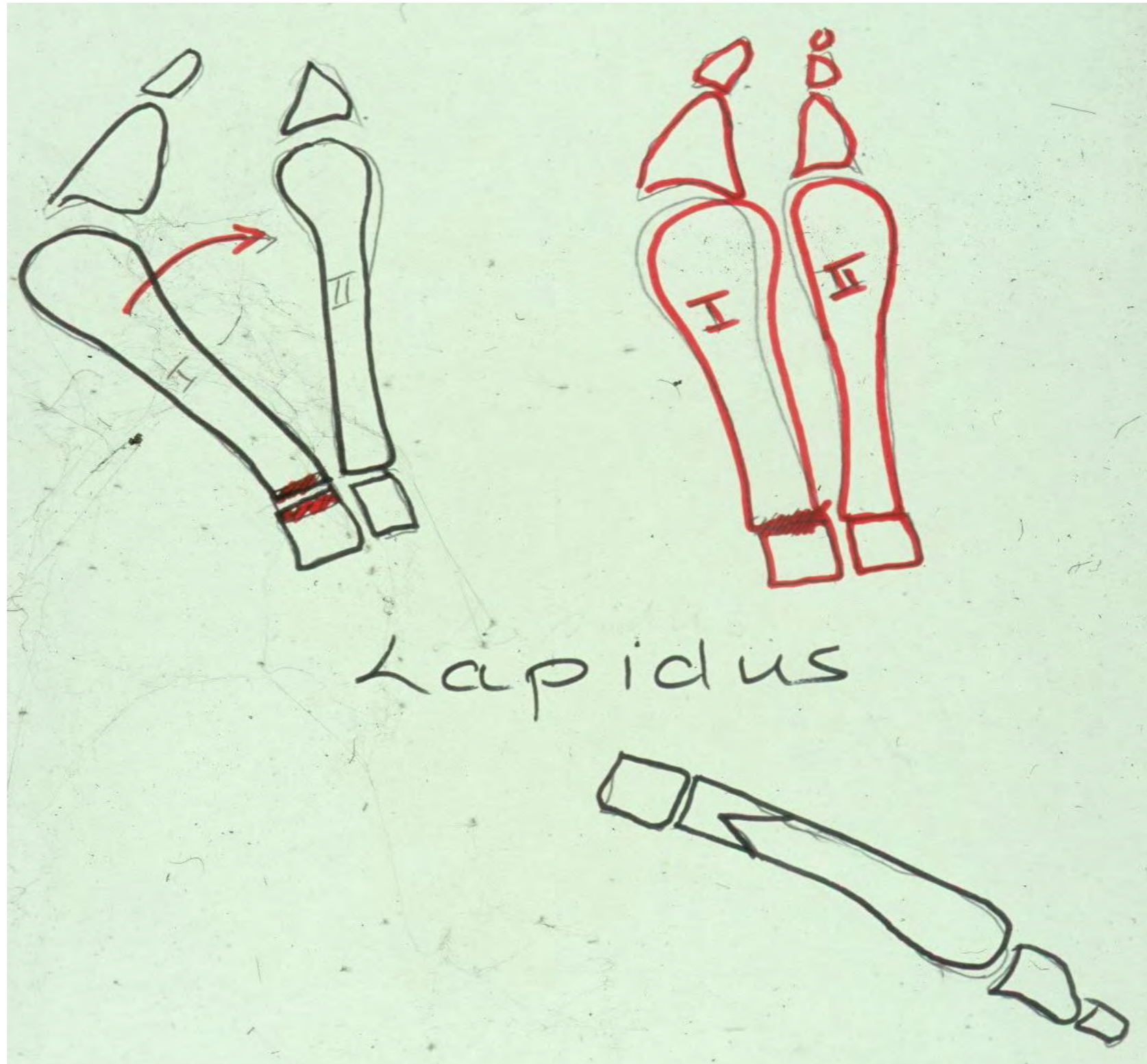


ANATOMY

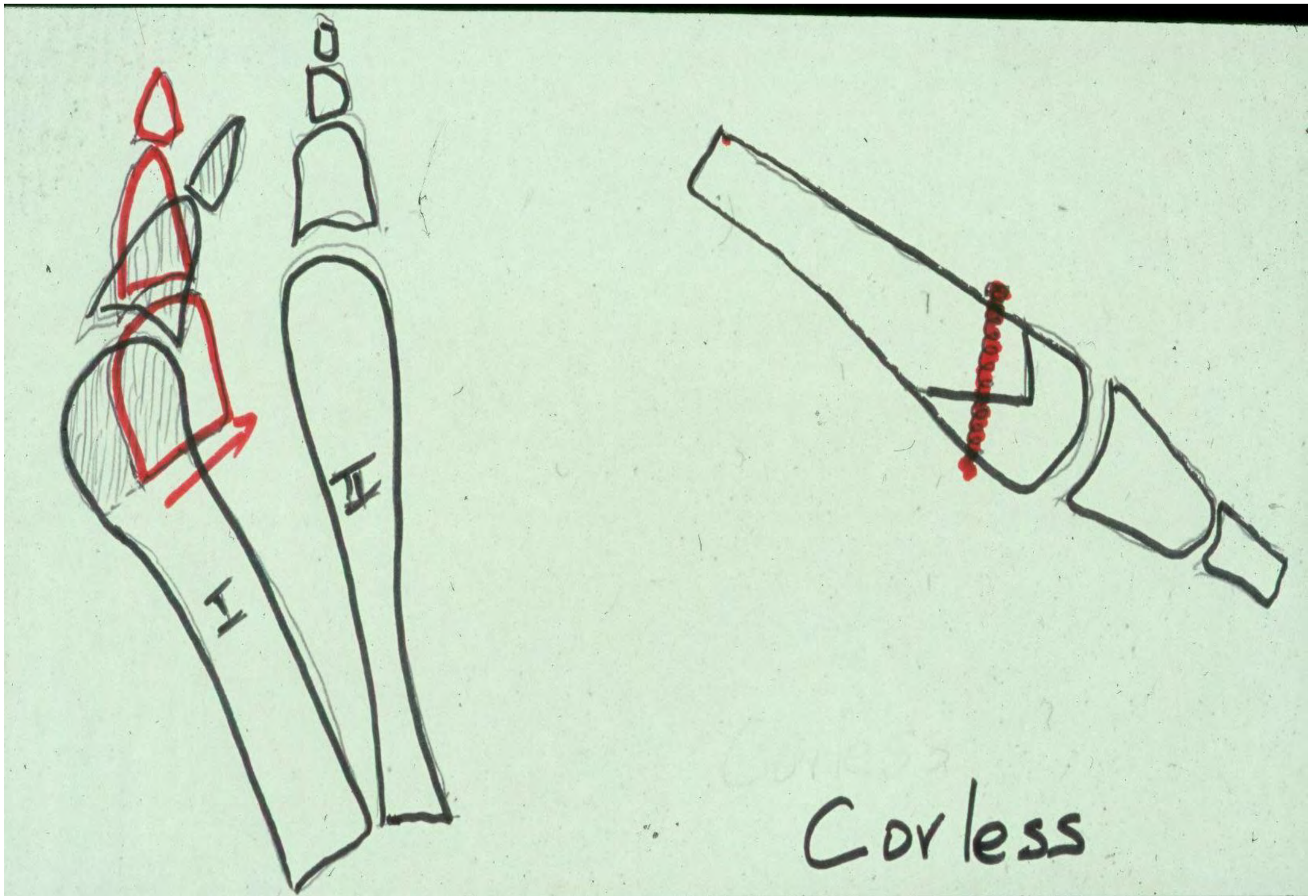
DEFORMING FORCES



SURGERY: arthrodesis



Osteotomy of neck of metatarsal



METATARSALGIA

Metatarsalgia

Metatarsal heads forced downwards

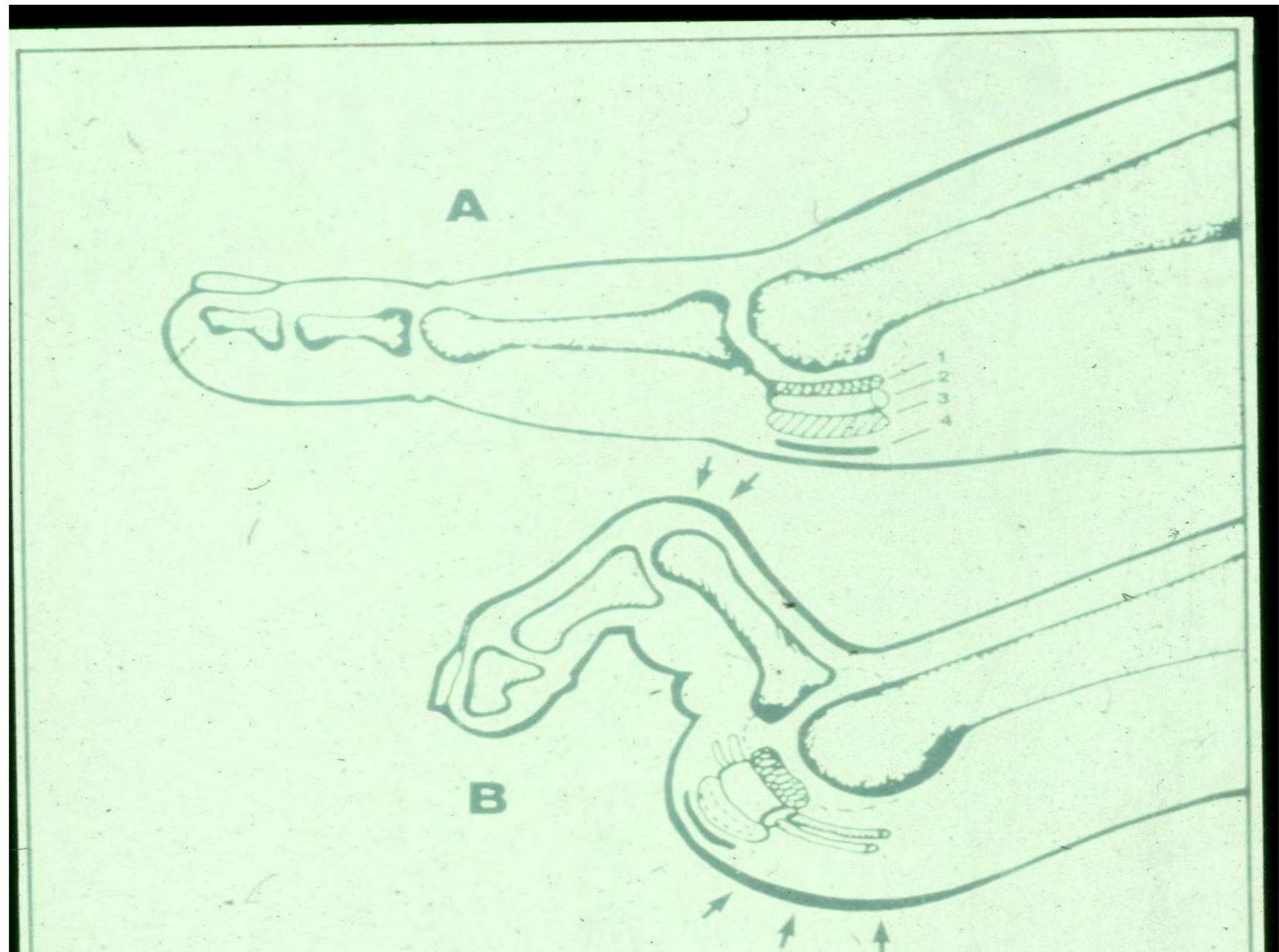
Hyper-extension of metatarso-phalangeal joints

Stretching of intrinsic muscles

→ FUNCTION: NIL

→ PAIN Metatarsal heads ++++++

INTRINSIC MUSCLES





Toes forced into hyperextension; paralysis of intrinsic muscles





PIP ARTHRODESIS

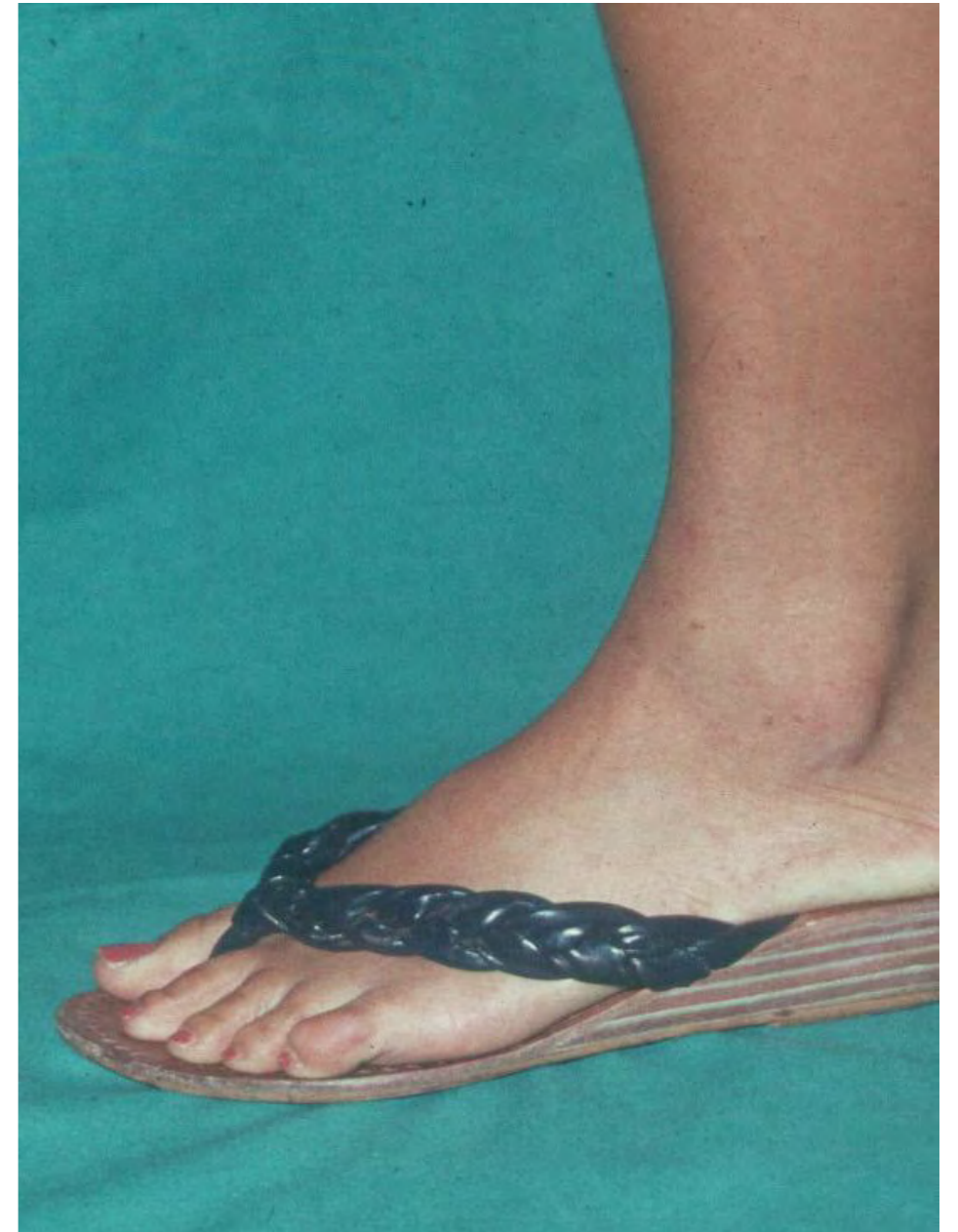
FLEXOR MUSCLE TRANSFER



ARTHRODESIS

With K-wire

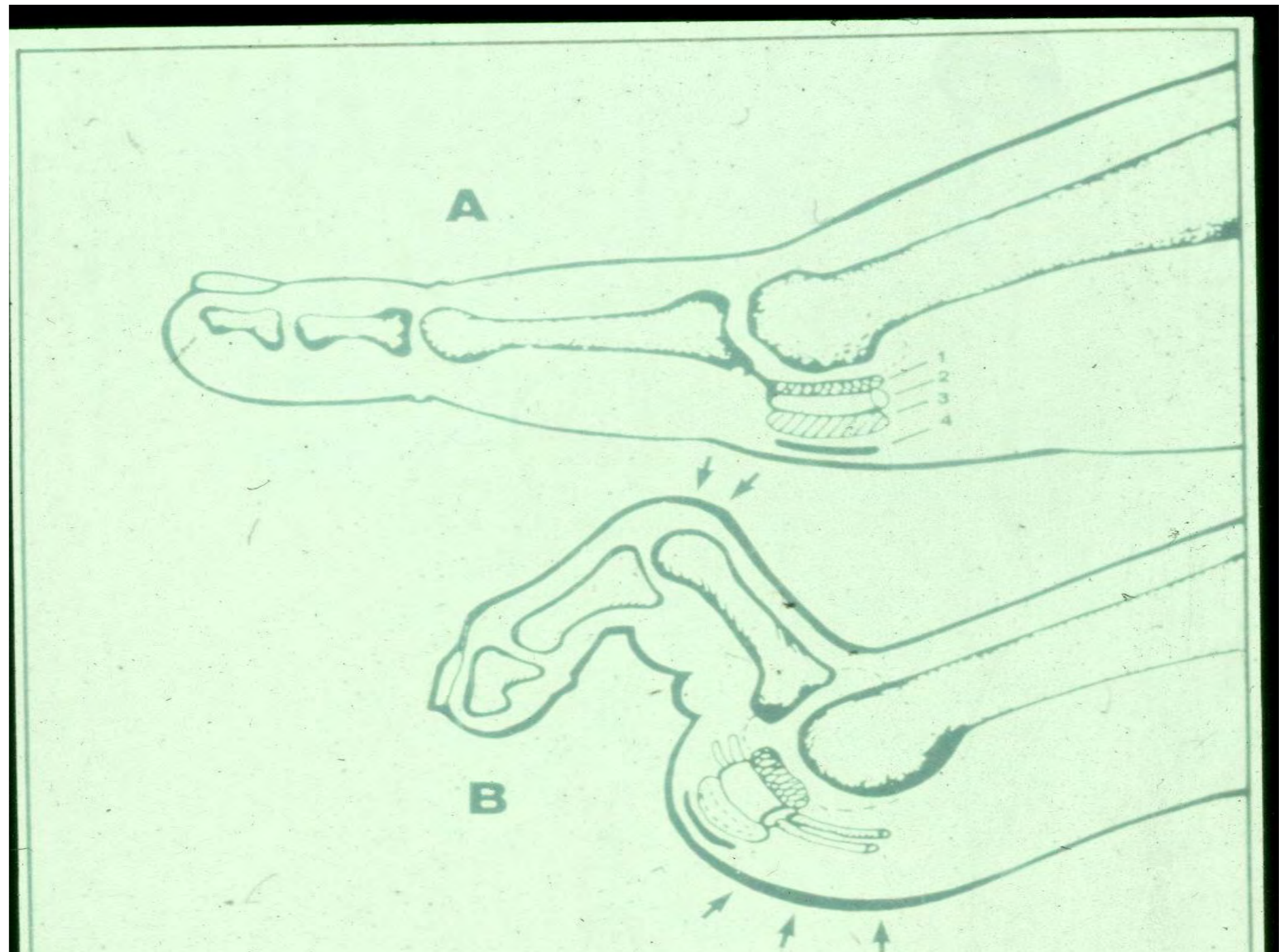
Beach sandals:
Auto physiotherapy







INTRINSIC MUSCLES



Metatarsal bars

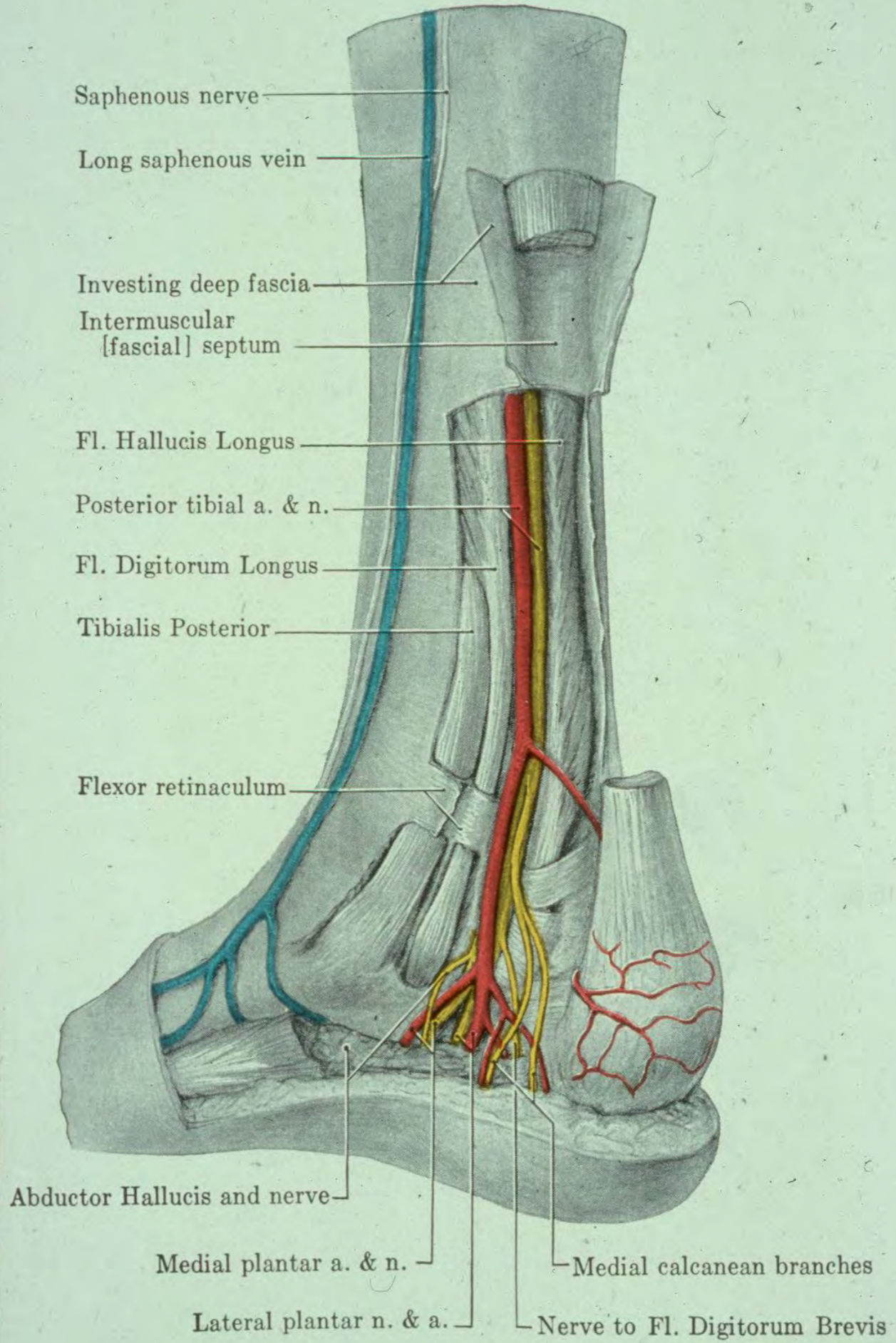


Barker

GENUINE
LEATHER
SOLE



TARSAL TUNNEL SYNDROME



TARSAL TUNNEL SYNDROME

- Posterior tibialis nerve: 3 branches
 - Lateral plantar; Medial plantar; calcaneal branches
- SYMPTOMS:
 - Burning pain under sole of foot
 - Pins and needles

CAUSES

Rheumatoid arthritis:

- Trauma
- Diabetes
- Heel valgus
- Varicose veins
- Idiopathic

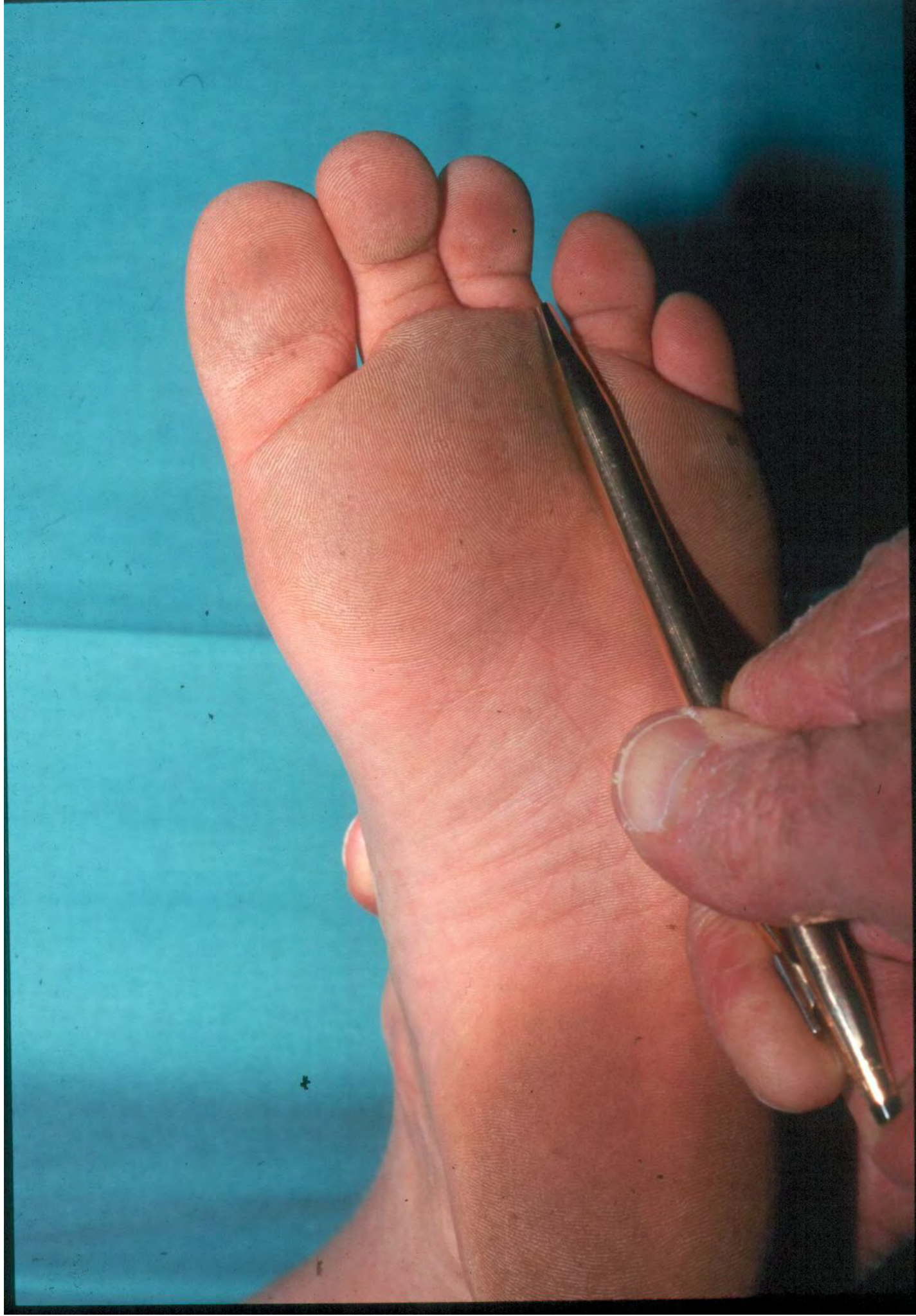
Diagnosis

- Positive Tinel sign
- Percussion of posterior tibial nerve
- Tenderness of nerve
- Electro-diagnostic testing

TREATMENT

- Conservative
- NSAIDS, Paracetamol
- SOFT, THICK SOLES
- Amitriptyline
- Oral Vit B6
- SURGERY – LAST RESORT

INTERDIGITAL NEUROMA



**Pressure in
3rd webbed
space**



Very
painful!

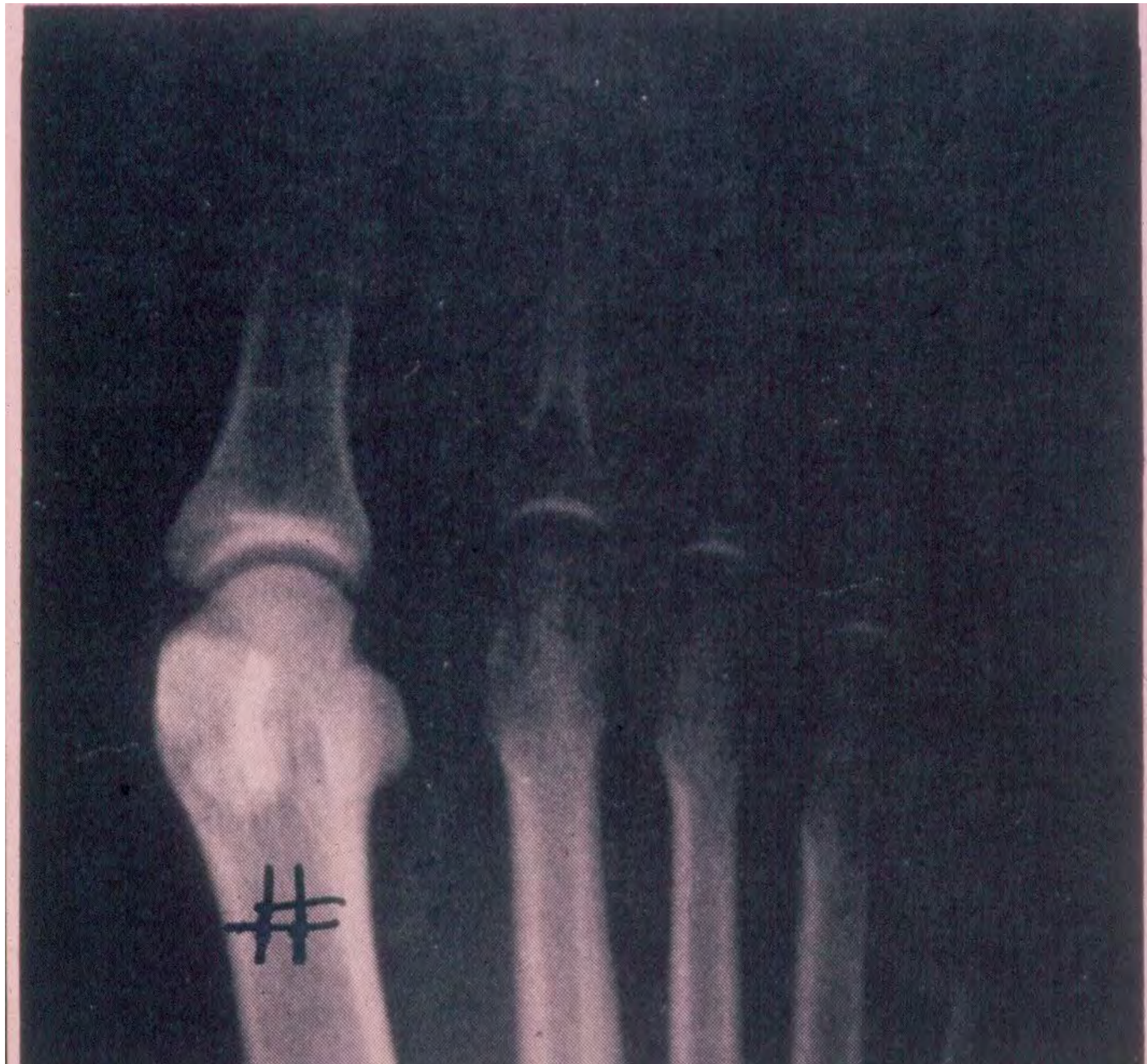
Surgery
yields good
results

SESAMOID

FRACTURE: SESAMOID

- TREATMENT:
- Palster of Paris
- Below knee
- Non-weight bearing
- +- 6 weeks

Fracture of sesamoid





**Marked
tenderness; hx of
jumping from
height**

**Mostly
medial
sesamoid**

**Treatment:
6 weeks below
knee non-weight
bearing cast**

THORN

PLANTAR WARTS



TREATMENT

- Liquid nitrogen (Dermatologist)
- Podophylin resin
- Tincture of iodine
- Aldara ointment
- To cure: **VERY DIFFICULT**