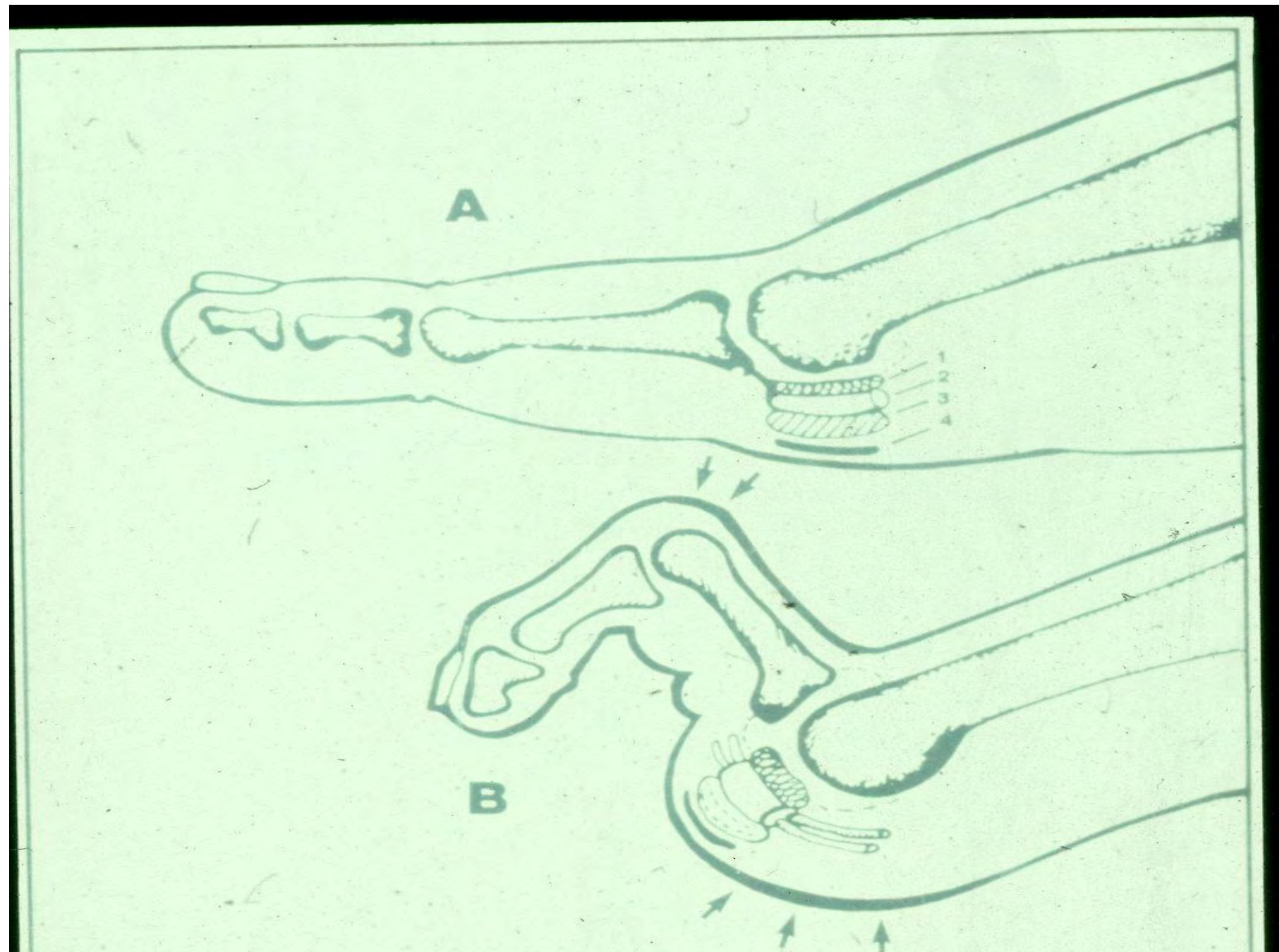


CORNS
PIP JOINTS

INTRINSIC MUSCLES



- **MARCH FRACTURE**

Treatment:

Restrict patient's movement

Not in cast directly

OR

Technesium scan







March
fracture
of tarsal-
navicular

Below knee
non weight
bearing
cast

- **SOFT CORN**

4th webbed space

Whitish, wettish

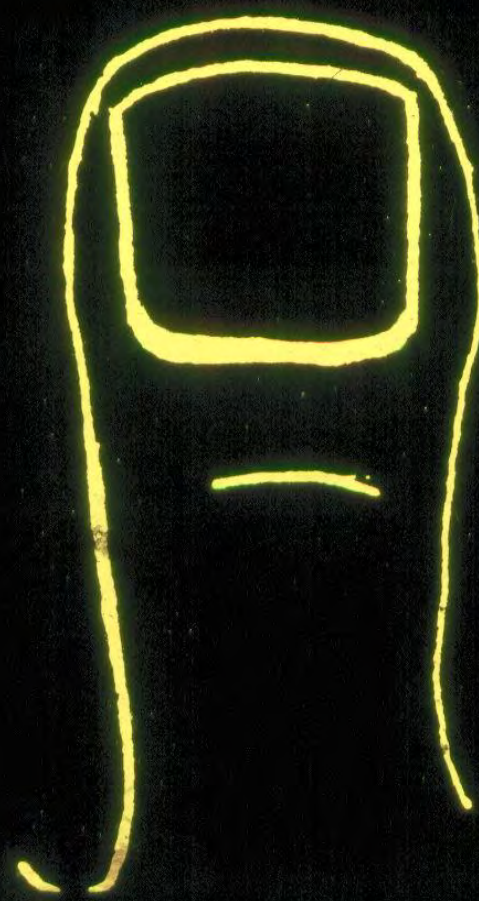
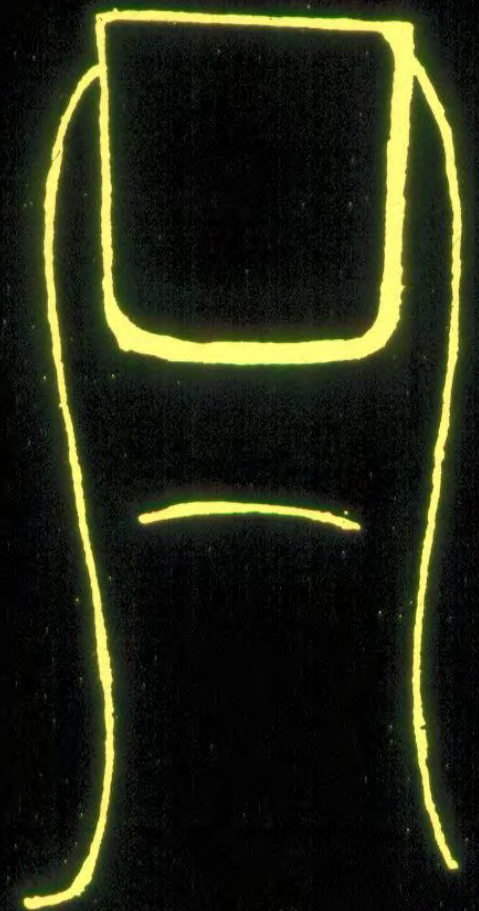
Very painful

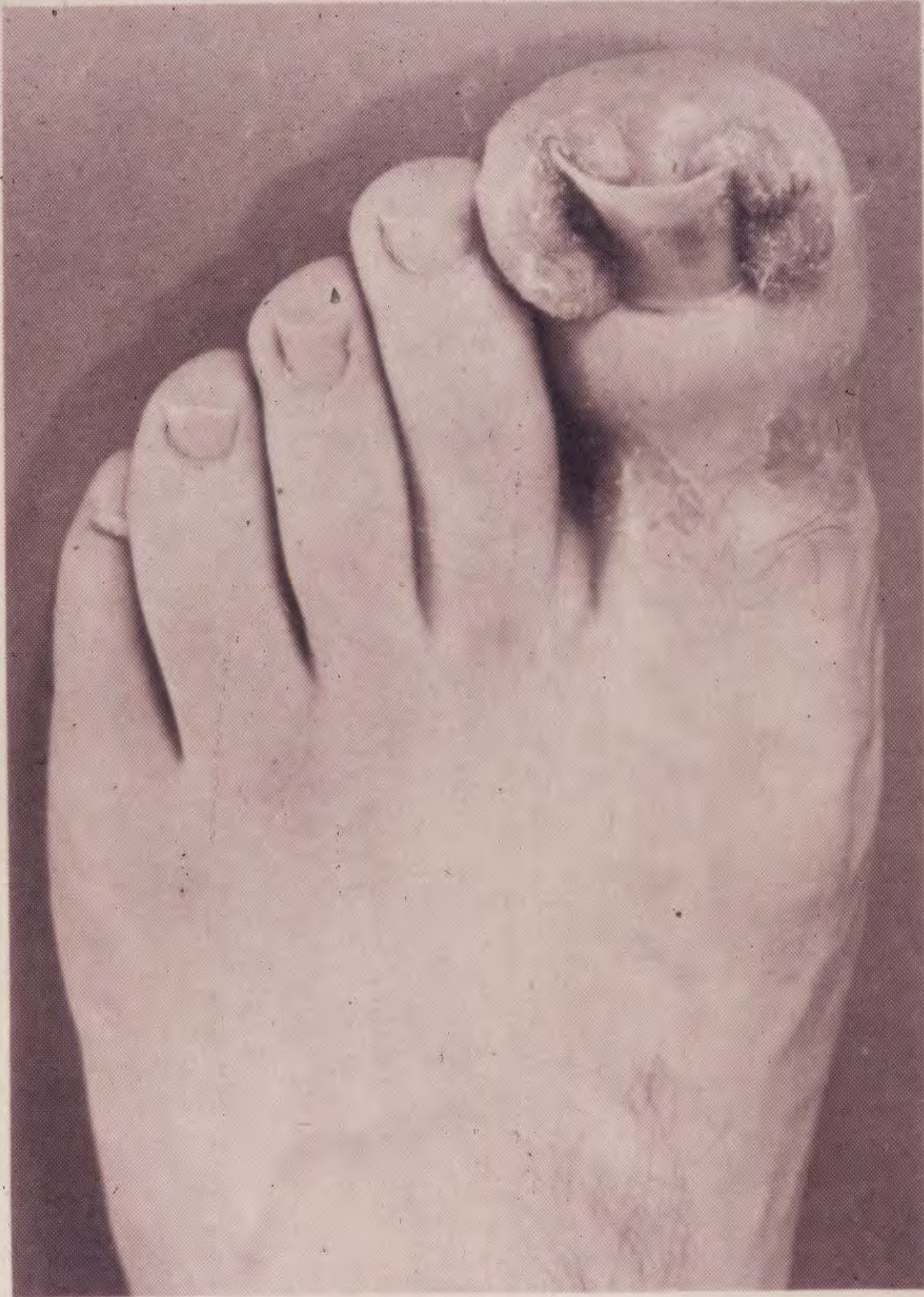
Wearing shoes which are too narrow

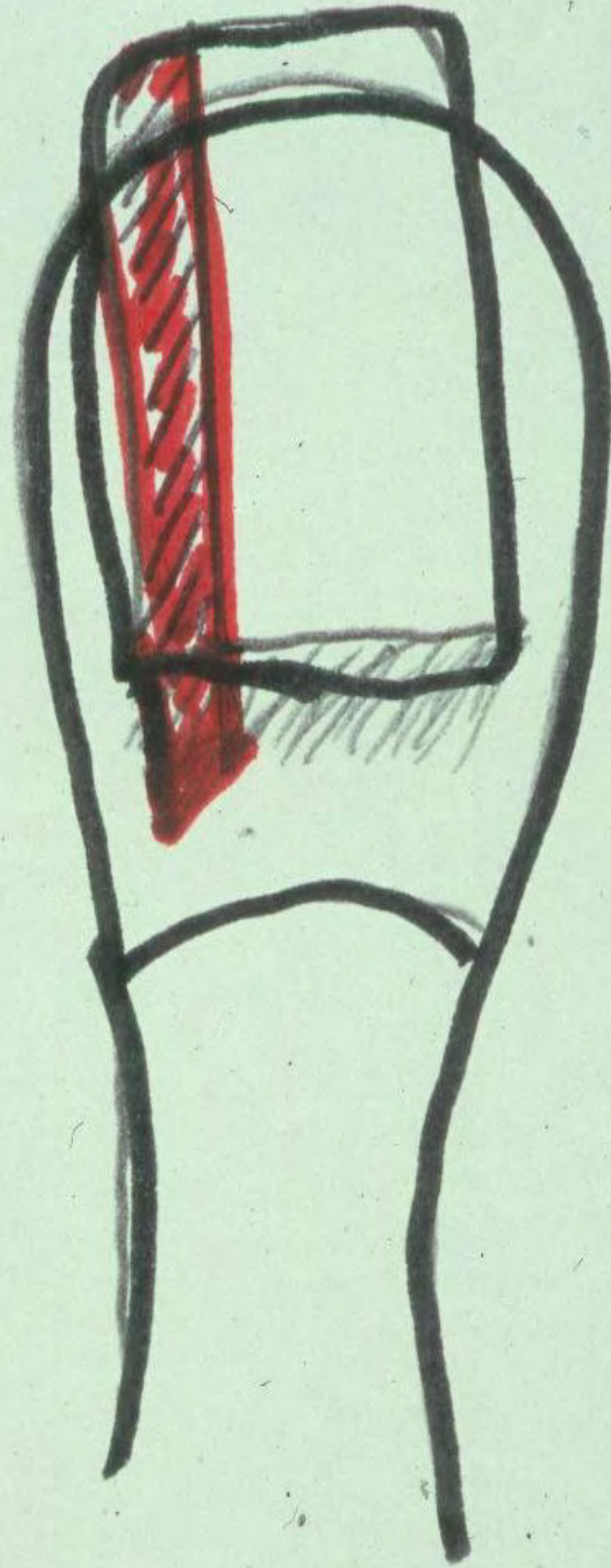
Syndactily between 4th/5th toes = best procedure



INGROWING TOE NAILS







Infeks

HEEL PAIN

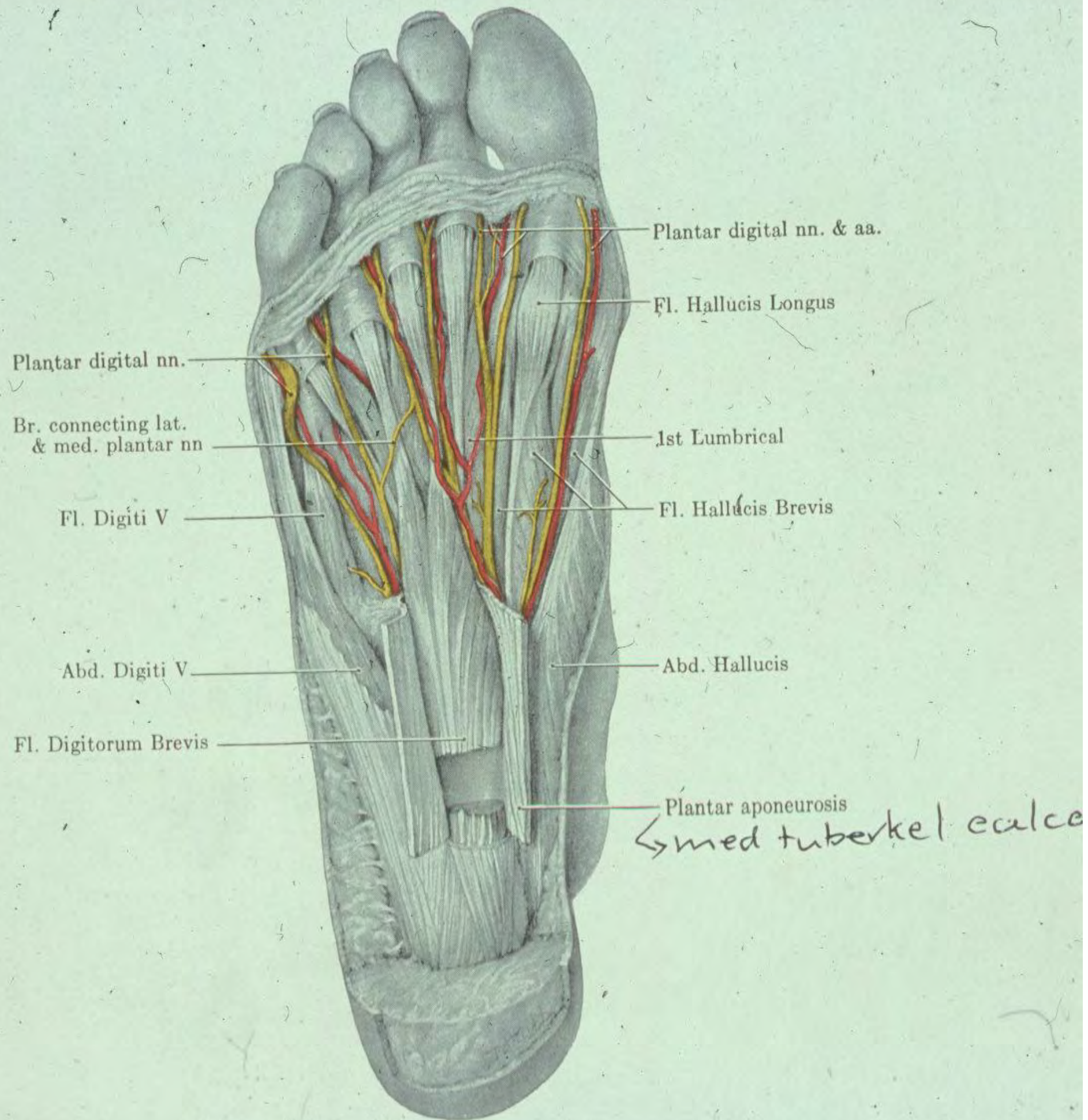
Acutely tender under anterior
medial volar part of heel

PLANTAR FASCIIITIS



**Tenderness
at origin of
plantar
fascia**

**Volar/medial
aspect of
calcaneus**



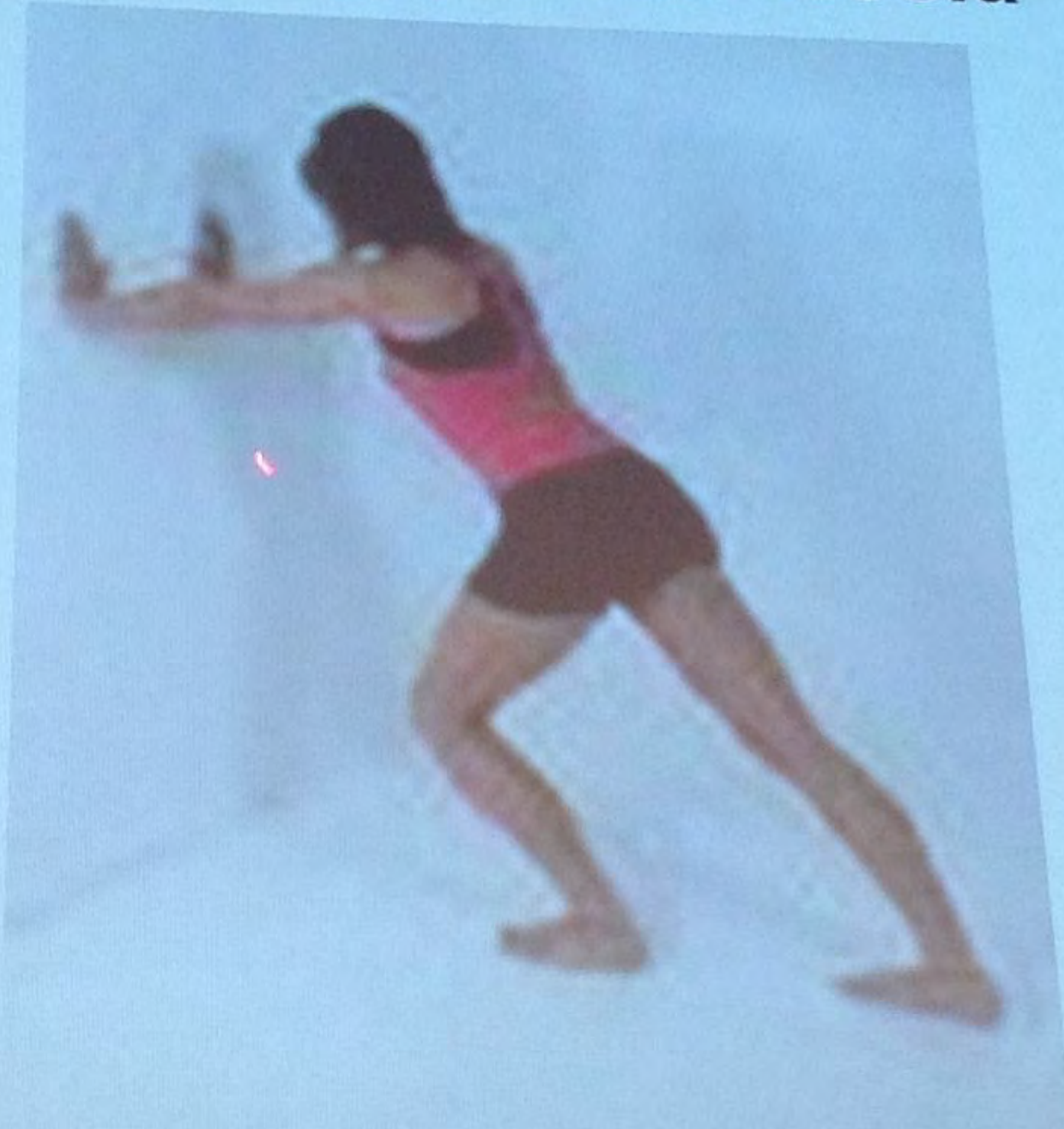


**HEEL SPUR DOESN'T CAUSE
PLANTAR FASCIITIS**

PLANTAR FASCIITIS

- MARIE STRÜMPELL
- (SPONDYLITIS ANKYLOPOETICA)
 - R.A.
 - GOUT

Stretching plantar fascia



PLANTAR FASCITIS TREATMENT

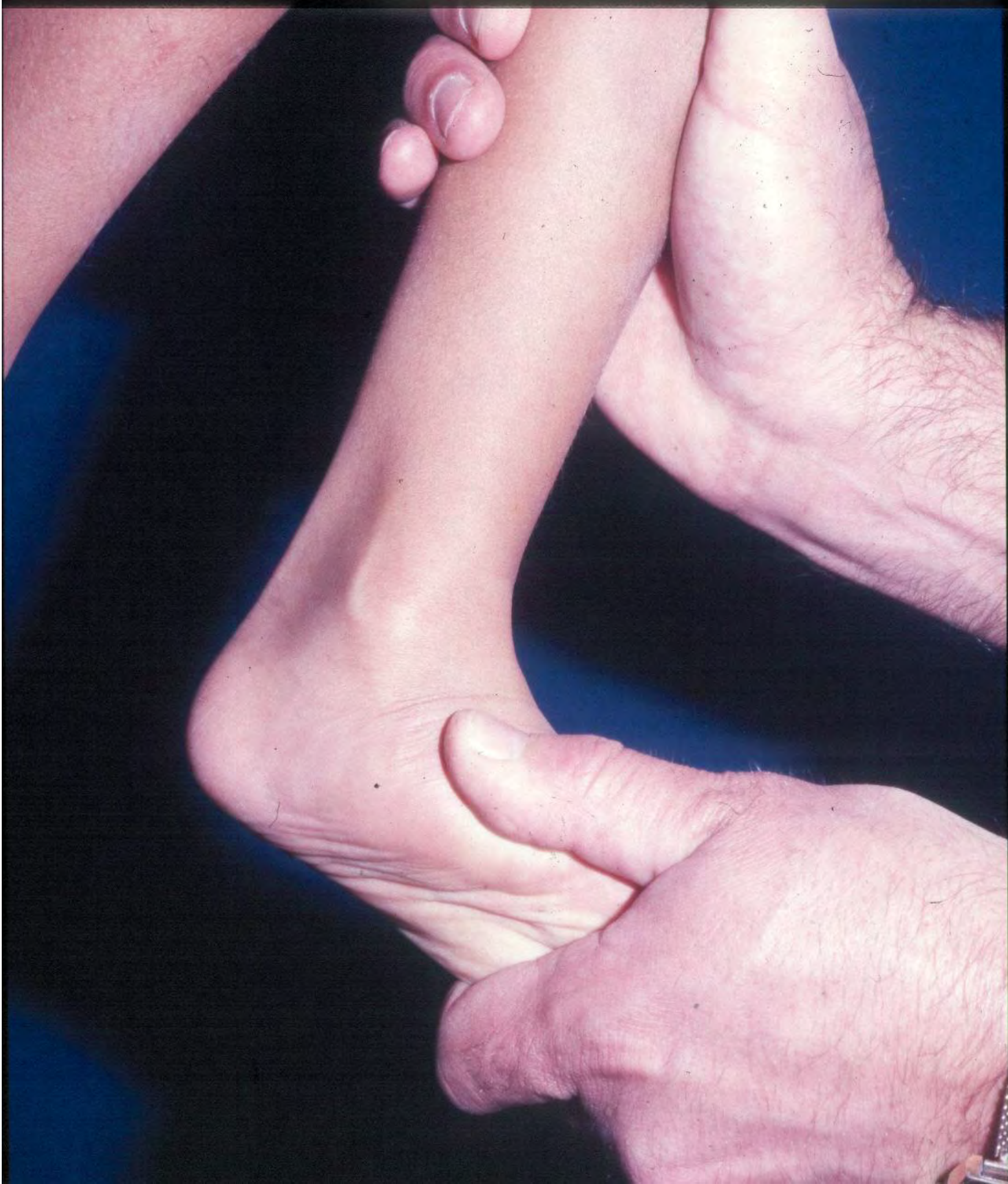
- Soft and thick soles, air cushioned (nike)
- Limit activities
- NSAIDS
- Stretching exercises b.d.
- Lignocaine & Celestone Soluspan infiltrations x2
- PAINFUL ++++++
- Below knee POP cast for 6 weeks
- VERY DIFFICULT TO CURE
- If treatment is unsuccessful for 1 year
- ONLY THEN SURGERY

FLAT FEET

- **Children:**
 - **Large fat pad**
 - **Short achilles tendon**
 - **Accessory navicular**
 - **Cerebral palsy**
 - **Postural**

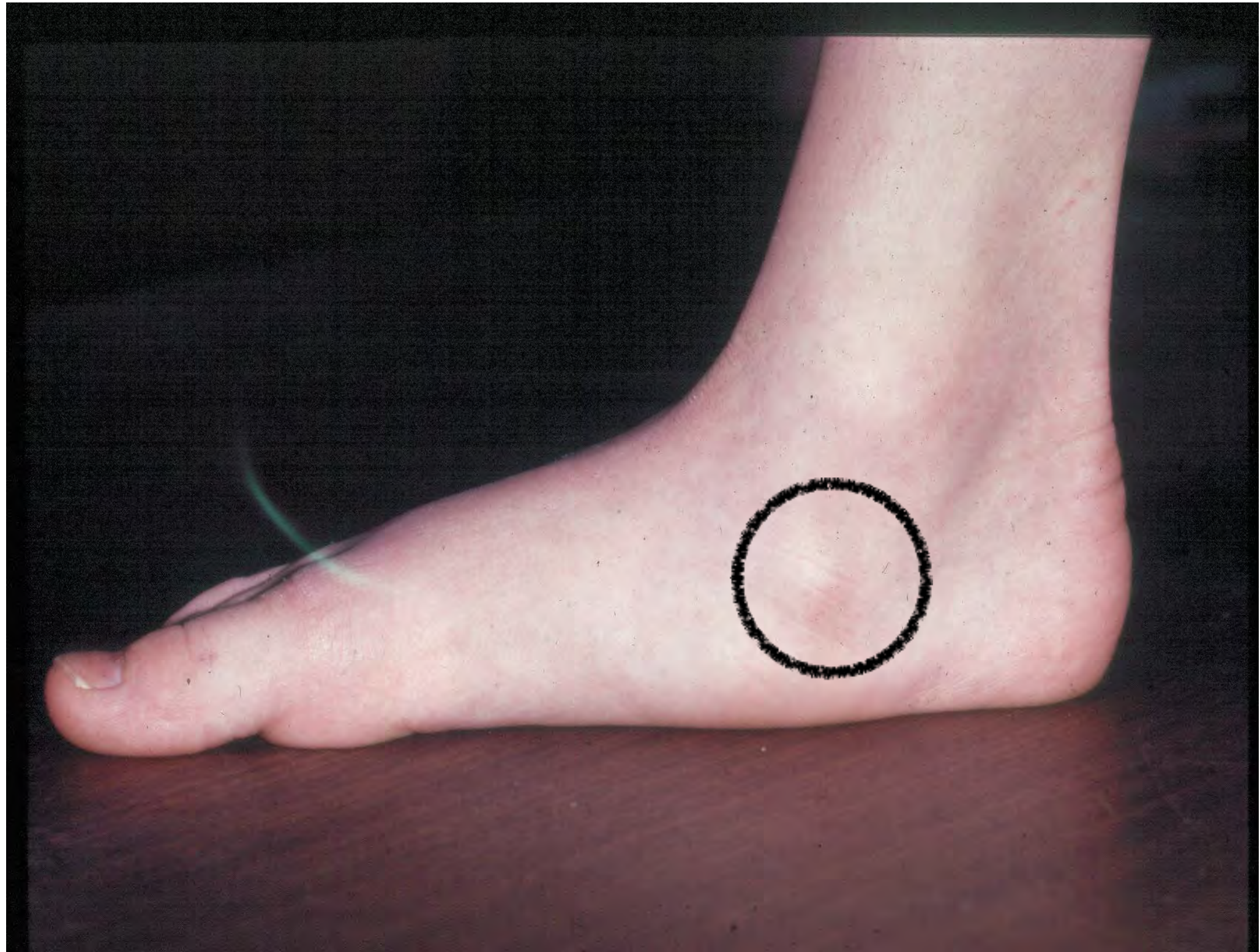






**Test: turn
foot into
supination**

**May be caused by
accessory navicular**



POSTURAL





Normal

FLAT FEET

- **Adults:**
- **Torn tib. post. tendon**

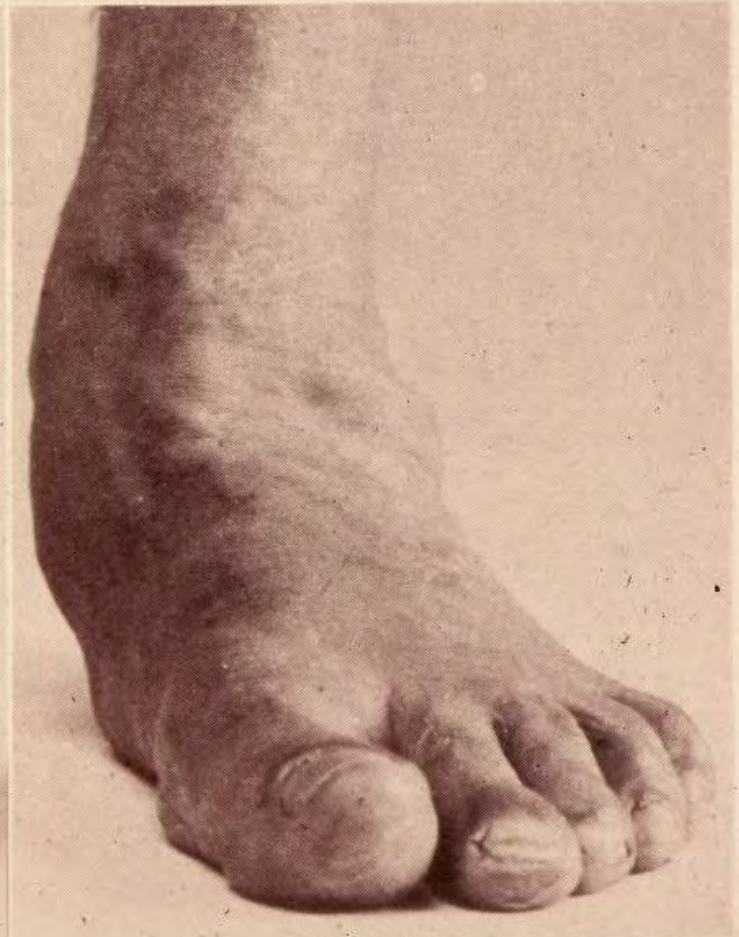






FIG 2-3.

Type of pes planus. Foot appears to have fallen inward, like a half-hemisphere.



CAVUS FEET

May be caused by
Charcot-Marie-Tooth disease

**Often associated with claw
toes**















DIABETES



**CLUB FEET
IN ADULT**



ANKLE SPRAINS