

Say Goodbye Forever to... Arch Supports, Flat Feet and Fallen Arches



BEFORE

AFTER



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I HAVE JUST returned from a training session in Detroit showcasing a new procedure that is sure to change foot care as we know it. Just as ophthalmologists offer Lasik correction for vision care i.e. walk in with glasses and walk out without them. There is now a new procedure for flat feet with the same type of immediate results, i.e. walk in with a flat foot and walk out with a corrected foot.

The procedure is based on correcting hyperpronation. The Podiatric surgeon, who invented this corrective procedure, has come up with a simple surgery that can be done under local anesthesia. A titanium stent is placed into the foot at just the right spot that prohibits the abnormal motion of one bone in the foot. By controlling this bone, the chain reaction that normally occurs causing a flat foot is stopped. The concept is simple and the results are immediate. This truly is a break-thru for the condition of flat feet.

Treating flat feet with this method means that arch supports (custom orthotics) are no longer needed. The other benefits of correcting a flat foot are that associated knee, hip and back pain are also remediated. Many people do not know that their chronic knee, hip, or back pain is actually related to and may be caused by the poor support of the feet. When hyperpronation is present, the body is not supported correctly by the feet. The resultant extra twisting and changes in body posture stress the knee, hip, and back thus triggering problems such as: knee pain, sciatica and lower back pain. If such problems are related to a collapsed arch, they will respond positively to this truly innovative approach.

This procedure is approved by the FDA. The patients must be at least five years of age. All other ages qualify. The details of the procedure are as follows. One foot is corrected at a time. A minimum interval of three weeks is scheduled between the first and second foot correction. It is performed in an outpatient facility utilizing local anesthesia or if desired, twilight anesthesia. You will be sent home with your foot wrapped in a surgical dressing. After three days, the dressing is changed for a band-aid, a comfortable compressive wrap and tennis shoes. This regimen is suggested for three weeks. Your regular activity level can resume after a three week period limited to non-strenuous, normal walking.

Usually, the level of discomfort associated with this procedure will be similar to that of an ankle sprain. The ligaments in the foot and ankle will need time to adjust to the new foot alignment. This period of adjustment can range from a few weeks up to a month or two.

The pictures shown, illustrate a typical correction by this surgery. The results are quite dramatic.

►► For more information go to www.OC-Health.com and search "feet."

From my perspective as a foot and ankle surgeon, nothing like this procedure has ever been available to correct flat feet in such a simple, predictable way. I have been personally trained by the inventor of this procedure. I feel honored to offer Orange County the biggest break-thru in the history of foot care.

Dr. Ivar Roth is the only Podiatrist with full surgical privileges at Hoag Hospital and may be seen at his office located in the Newport Medical Lido Bldg, Tower One, across from Hoag Hospital at 351 Hospital Rd. Suite #407. For an appointment please call (949)650-1147. Courtesy valet parking is available to all his patients. **DCH**

