

## FINALLY... A NEUROPATHY FOOT BREAKTHROUGH

I AM PLEASED to report that another major foot surgery innovation has occurred.

Neuropathy is numbness, burning or tingling of an extremity. With the foot, it usually begins as tingling or numbness of the toes. It can progressively work its way up the foot into the ankle, and can go as high as the knee. When neuropathy occurs in the foot, it is called Tarsal Tunnel. In the hand, it is called Carpal Tunnel. Diabetics develop neuropathy at an alarming frequency.

Medications, both orally and topically, have been used with varying success; sometimes with unwanted side effects. Typically, medicines only cover up the symptoms and do nothing towards solving the physical problem. Over time, as the problem worsens, higher doses of medication are needed.

Until recently, surgery for neuropathy of the foot would be a choice of last resort. The possible complications and post-operative regimen was unpredictable. However, new advances have made surgery a very attractive choice. The new procedure technically is much easier and has a vastly better success rate. I have just completed intensive "Masters Surgeon" training in Detroit, where I and a select number of other surgeons have been taught to perform this exciting new procedure.

The old surgery for Tarsal Tunnel consisted of an incision of about six inches long. Now, like Carpal Tunnel, we can accomplish the same results with a small incision that simply releases the tight tissues. No longer does the nerve need to be dissected. By avoiding the tedious dissection of the nerve, the amount of trauma is greatly decreased and the healing time is reduced along with many potential complications.

Due to a new way of looking at foot architecture, a consensus of opinion has formed around the notion that hyperpronation may be responsible for a large number of neuropathy cases.

Hyperpronation causes a misalignment of the foot which then causes abnormal stress on the nerve with each step. If the foot is not aligned properly the possibility exists that the affected nerve



could unnecessarily be compressed upward of 15,000 times during a typical day of activity.

This fresh analysis of a neuro-mechanical nexus for neuropathy is a major breakthrough. By releasing the tight tissues surrounding the nerve, decompression will take place and symptoms will either rapidly go away or they will dissipate over time. Combining this deeper understanding, with such a breakthrough surgical technique, has the potential to relieve pain for millions of neuropathy sufferers worldwide.

If your neuropathy symptoms are less apparent after sleeping and then progress as the day goes on, you may be a candidate for this surgery. Also, if you have noticed that your ankles are turning inward or are collapsing, this would be a prominent sign of hyperpronation.

This new surgery can be performed on almost anyone with a foot related neuropathy problem. The surgery is an outpatient procedure than can be performed under straight local anesthesia. You can walk immediately after surgery. After about four weeks, you'll be wearing your regular shoe gear.

If you suffer with neuropathy of the feet, no longer do you have to hear that nothing can be done to "cure" the problem. Hope is but steps away. So jump into 2007 a step ahead!

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. 

