

LASIK EYE SURGERY FOR THE FEET?



BEFORE



AFTER



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AFTER



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... not exactly, but the results are just as spectacular! Most of us have read or heard personal accounts of the dramatic results achieved from Lasik eye surgery. Poor eyesight is quickly restored to that of one's youth and glasses are simply tossed away. This same sense of freedom and control is now available for sufferers of many common foot related problems. With the introduction of the FDA approved, Implantable Arch Support: foot arch supports, night splints, immobilizing boots, specialized shoes, cortisone shots and etc, etc, etc... are no longer necessary. It's truly a revolution in footcare and has been extremely liberating for many of my patients.

I have been performing this new procedure exclusively at Hoag Hospital for the last nine months with tremendous success. The results have been nothing short of amazing. Patients have related to me that within days of the procedure that their foot, hip, knee and back pain that was related to their flat feet/pronation was completely gone. In some cases, these associated problems had plagued them for a decade or more. Patients who previously had to wear orthotics for their foot problems no longer need the orthotics and now can wear any shoe, without having to worry if the orthotic will fit the shoe, etc.

If you have flat feet, pronation or collapsing ankles you may be a candidate for this procedure. This foot deformity is inherited. I have personally seen many generations of family members that suffer from the same foot deformity. Parents with foot issues should have their children examined for these inherited problems. Patients range from 5 to 90 years of age. Most patients are candidates for the surgery. The post operative course consists of a tennis shoe and ankle brace or a removable cast for about three weeks as the scar tissue forms to hold the implant in place.

As a Foot and Ankle Surgeon, it is most gratifying to see the positive effects that the Implantable Arch Support can have on a family. This procedure can have a dramatic effect by increasing the interaction between parents and children by allowing for shared activities that may have in the past been hampered by unnecessary pain. Parents and children alike, can be more active, maintain a healthier weight, play sports without complaining of achy feet, tired legs and various other body pains. In addition to fixing the immediate foot problems, all members of the family will be able to avoid future knee, hip and back problems that are caused by poor foot posture.

The surgical procedure takes about 15 minutes and can be performed under either local or twilight sleep anesthesia. A titanium stent is placed into the ankle area that keeps the foot from abnormally pronating. After implantation, all normal foot and ankle motion will be retained while abnormal motion will be significantly reduced or completely stopped. Initially, this procedure was performed one foot at a time, but now due to an advanced surgical technique implemented at my office simultaneous repair of both feet is available.

The titanium stent is shown here in the photo to the right. Photos and x-rays on the opposite page show the before and after of an actual patient's foot. These results are instantaneous. The procedure has a success rate in the high 90% range. A few of the terrific aspects of this surgery are that no bones are cut, no cement or glue are used, and the procedure is 100% reversible.



I would urge anyone with persistent foot problems, knee replacements, hip replacements or who has had back surgery to be examined. If the feet are not providing a good foundation, previous procedures will most likely fail over time. This new foot technique for hyperpronation reduces the chance that corrective joint implants throughout the body will need to be re-worked in the future.

Please call my office for an evaluation. This procedure has the potential to change your life.

Ivar E. Roth DPM/MPH is the only Podiatrist on staff at Hoag Hospital to have full Foot and Ankle surgical privileges. Dr. Ivar Roth is located at 351 Hospital Road Suite #407 in Tower One of the Newport Lido Medical Bldg. Please call 949-650-1147 for an appointment. Courtesy Valet parking is provided to all his patients. 

