

WRITTEN BY IVAR E. ROTH, D.P.M.

# Innovative Heel Spur Procedure Now Available in Orange County

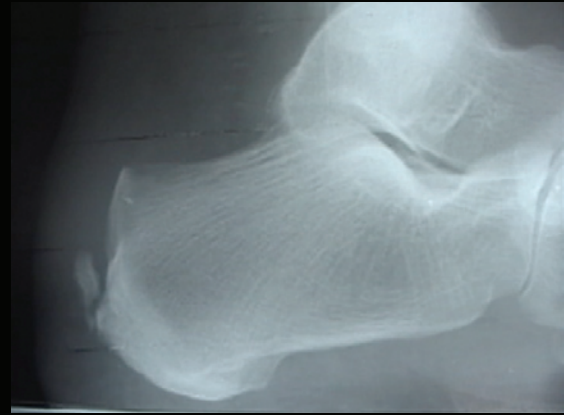
Until recently a reliable surgical procedure for removing heel spurs was non-existent.

The primary cause of heel spurs is a tight Achilles tendon. The Achilles tendon naturally inserts into the heel bone. If the tendon is abnormally tight there will be unnecessary pulling at the site of insertion at the heel bone. Over time this pulling will stimulate unwanted bone growth causing a spur to form.

Conservative treatments range from trying out different shoes so as to avoid rubbing on the problem heel area and/or prescribing heel lifts to elevate the affected heel area over the lip of the shoe thus avoiding direct pressure and pain. Immobilization through the use of a cast may be indicated if the spur is actually cracked or broken off, or if substantial swelling is present.

In the past, heel spur surgery was problematic. The Achilles tendon would be detached from the heel so the spur could be removed but due to limited options for the re-attachment of the tendon a very prolonged healing period was necessary.

Today, state-of-the-art surgical tendon anchors that actually screw tightly into the heel allow direct suturing into the tendon. This new method of tendon fixation is very secure and insures uneventful healing to occur. With the advent of these new anchors I now feel assured that the patient will have a predictable outcome and I recommend this procedure without hesitation.



BEFORE



AFTER

The post operative course requires that a removable cast be worn for approximately four to six weeks. Once the cast is removed the patient is advised to wear a running shoe for one to two weeks and finally regular shoes can be worn as usual.

The before X-ray shown above, indicates bone spur activity and the after X-ray shows the tendon anchor in place and the bone spurs gone.

There should no longer be hesitation in treating heel spurs. The surgical techniques have taken a giant leap forward. **OCH**

Ivar E. Roth is the only Podiatrist with full surgical privileges at Hoag Hospital and may be seen at his office located in the Newport Medical Plaza Building, Tower 1, across from Hoag Hospital at 361 Hospital Road, Suite #407. Make an appointment by calling (949) 650-1147. Courtesy valet parking is available to all his patients.

