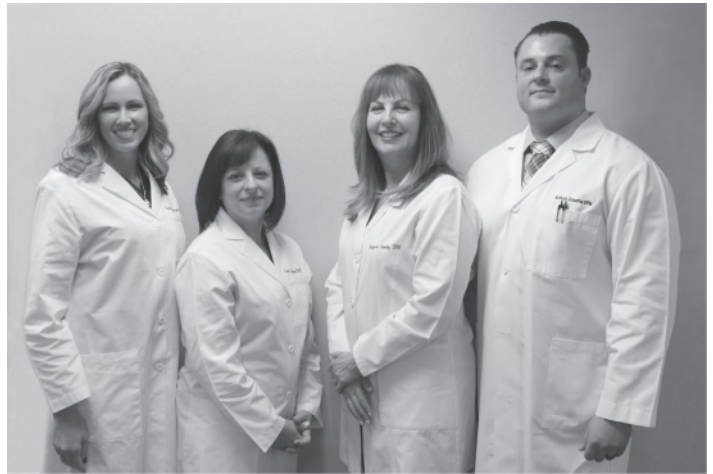


FOOTNOTES

*“Health Care Tips
On The Feet”*

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FRACTURES OF THE FEET

A fracture is a break in the continuity of the bone. These usually occur as a result of an injury to your foot. You can also get a stress fracture which is a more minor crack in the bone which is a result of overuse of the bone or secondary to a bone weakened by osteoporosis.

Fractures can occur to any bone in your foot from a toe bone to your heel bone (calcaneus). It is a myth that there is nothing that can be done for a fracture of a toe bone. It is important to get these fractures evaluated to make sure the fractured pieces of bone are in the proper position

so that they may heal properly. Your podiatric physician will make recommendations for the treatment of a fractured toe. Fractures to other bones in the foot require x-rays and most often require some form of a cast to immobilize the area.

Any injury to you foot should not be treated lightly. You should immediately rest and elevate the foot and put ice on the injured area. X-rays will need to be taken to evaluate for a fracture. Your Podiatrist will advise you on the most appropriate course of treatment for your injury.

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