

# Foot & ankle surgery

Orthopaedic foot & ankle surgery at The Priory Hospital

## Foot & Ankle

Foot and ankle pain is a common condition, in fact it will affect around one in ten of us at some point in our lives. The pain can range from a dull ache to a tearing sensation – and it's often worse first thing in the morning. While foot and ankle injuries can affect anyone, they are more likely to be seen in people who play a lot of sports or take up a new exercise regime.

Whatever the cause, ankle and foot injuries can limit your ability to exercise and actually prevent you from reaching your fitness goals.

If foot and ankle pain is preventing you from living life to the full, it's time to get expert help. Unfortunately, the route to specialist advice often involves a frustratingly lengthy wait.

Don't wait for treatment for foot and ankle pain. Get back on track quickly. Contact The Priory Hospital today.

Here at The Priory Hospital our expert orthopaedic consultants treat a wide variety of foot and ankle conditions. After a prompt diagnosis of the source of your foot or ankle pain they will provide you with a tailored treatment plan - ensuring so you can quickly get back to doing the things you enjoy and remain fit and healthy.

## Common causes of foot and ankle pain

Foot and ankle pain can arise from overuse or general wear and tear, from poor posture or simply from standing for long periods of time. Foot and ankle injuries are especially prevalent in people who take part in sports that require lots of running or jumping. Sprains, twisted ankles and torn ligaments or tendon problems are all conditions we see regularly at The Priory Hospital.

**Achilles' tendonitis** can cause the back of the ankle to become inflamed and painful to the point where exercising becomes a problem. This is often seen in people who suddenly increase the intensity of their runs. Physiotherapy or injections - as well as wearing appropriate footwear can help. Reducing weight and blood pressure can also prevent problems from occurring.

**Plantar fasciitis** (heel pain) is another common condition we treat here at the hospital. It often affects people who stand for long periods of time for their jobs. Wearing the wrong shoes or overstretching can also bring on heel problems.

**A torn meniscus** (cartilage) is another condition that can become quite debilitating for patients, as well as anterior cruciate ligament (ACL) injuries.

At the The Priory Hospital, our surgeons are experts in performing reconstructions of ligaments and in cartilage regeneration techniques – all designed with one aim in mind: to help patients get back to as good as new again.

## **Treatments**

Our consultants specialise in state-of-the-art surgical treatments. However when it comes to foot and ankle conditions, surgery is only ever used as a last resort. Luckily there are plenty of effective non-surgical interventions that can be considered first. These include use of orthotics, medications e.g. anti-inflammatories, physiotherapy, or night splints. Steroid injections, in particular, can be very helpful in helping certain injuries to heal, and to aid rehabilitation.

Exercise can help with certain conditions e.g. plantar fasciitis while anti-inflammatory medications, physiotherapy, or guided injections can also provide long lasting relief. At The Priory Hospital our orthopaedic surgeons are skilled in guided injection therapy which are performed using X-rays or ultrasound.

Where acute or long-lasting pain e.g. severe para tendonitis presents, surgery may be the only option. Inflamed tendons can be helped with 'dry needling' where a needle is passed through a tendon multiple times to clean up and repair or remove scar or 'bone-like' depositions.

Shockwave therapy or lithotripsy is another modern treatment carried out here at The Priory Hospital, where a series of focused shock waves are used to help restore normal function.

## **What to expect in your first consultation with a foot and ankle consultant at The Priory Hospital?**

Your consultant's aim is to get you back to a healthy lifestyle as quickly as possible. In the first consultation they will discuss your medical history, lifestyle, hobbies, and exercise regime with you. They will also examine you physically and decide whether you need to be referred for diagnostic tests. These could include an ultrasound scan, a magnetic resonance scan (MRI) or simply an X-ray.

These tests will help to rule out certain conditions e.g. heel stress, fractures, wear and tear, osteo-arthritis, heel spurs and plantar fasciitis.

Once the tests are complete your consultant will take you through the results and discuss your treatment options with you. MRI scans, in particular, are incredibly accurate and allow your consultant to see the cartilage and ligaments in detail – thereby giving them a roadmap of exactly how treatment needs to be accomplished. This is a highly effective way to approach e.g. new cartilage replacements.

The recovery process from various procedures differs – from hours if you require steroid injections -to ten to fourteen days or longer for keyhole surgery. Your consultant will discuss your recovery process in detail with you as well as what will happen before, during and after your treatment.

Surgery or treatments represent only one aspect of your recovery back to full health. Just as important is the work of our expert in-house physiotherapists. They can closely monitor your progress and provide you with a tailored program of exercise so you can safely increase the intensity of your exercise and build back muscle strength.

To help make recovery easier and pleasurable, The Priory Hospital has a recently built, state-of-the-art rehabilitation unit located just across the road at the Circle, Pebble Mill. This is where the physiotherapy team are sited – and you're also welcome to use the new fully equipped gym, for exclusive use of The Priory Hospital patients' use.

**Book an appointment with an expert foot and ankle consultant** at The Priory Hospital today.

## **Why choose The Priory Hospital, Birmingham for your foot and ankle treatment?**

At The Priory Hospital we respect the fact that our patients are committed to getting better – and we're here to make that happen.

Making the important decision to book an appointment at The Priory Hospital means you have taken the first step back to recovery. It's then down to our specialist orthopaedic consultants to work with you to ensure you complete your journey back to full health. By opting for treatment at The Priory Hospital you will benefit from:

- Fast track access to a consultation with one of the UK's leading foot and ankle orthopaedic surgeons. Rather than having to wait weeks you can often be seen in a matter of days.
- State-of-the-art integral imaging facilities and an ultrasound scanner for 100% accurate diagnostics.
- Specialist orthopaedic surgeons who are expert in the use of the latest, and most effective, foot and ankle treatments including guided ultrasound injections and shockwave therapy.
- An expert multidisciplinary team of physiotherapists, radiographers, radiologists, and nurses who collaborate seamlessly in order to ensure you get the best treatment outcomes.
- Full support throughout your recuperation from experienced physiotherapists, plus all the latest lifestyle advice on e.g. the best footwear to wear and techniques to adopt when exercising.
- Exclusive access to new rehabilitation facilities and a private gym, so you can work on improving your fitness whilst recuperating.
- Free patient parking and excellent transport links to the hospital.
- The option to pay for your treatment on a one-off basis. At The Priory Hospital we don't require you to have medical insurance.