

# Footnotes

Monthly Newsletter of Podiatric Innovations  
ISSUE 1: Morton's Neuroma



**MEDICAL** *foot* SOLUTIONS INNOVATIVE HEALING



## Exploring Treatment Options For Morton's Neuroma

Typically a Morton's Neuroma is treated with orthotics therapy. The aim of this therapy is to reconstruct the transverse arch in hopes that the digital nerve will no longer be compressed. For those patients who are not responsive to conservative treatment, Medical Foot Solutions provides an innovative, minimally invasive surgical option to decompress the inter-metatarsal space. Decompression surgery is the preferred choice of management because it leaves the digital nerve intact. This minimally invasive procedure is performed in office using local anesthesia. A #15 blade is used to create a 7mm vertical incision into the web space. Since the incision is made between the metatarsals, the neurovascular bundles are protected. Hemostasis is achieved through a combination of an ankle tourniquet and epinephrine. The tissues are separated and the transverse metatarsal ligament is located using a specialized instrument, called the Koby-Guard instrument. This instrument isolates the transverse metatarsal ligament, while protecting the surrounding tissue. The transverse ligament is responsible for maintaining the metatarsal alignment in the transverse plane. Once the KobyGuard instrument is properly positioned, a cutting blade is introduced and the transverse metatarsal ligament is severed. This results in the separation of the metatarsals and thereby a reduction of compressive forces on the digital nerve. The patient is able to ambulate immediately and the associated pain tends to gradually diminish over several weeks.

### Typical Patient Presentation

- A feeling as if you are standing on a pebble in your shoe.
- A burning pain in the ball of your foot that may radiate into your toes.
- Tingling or numbness in your toes.

#### Burlington

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[www.medicalfootsolutions.com](http://www.medicalfootsolutions.com)



On-line booking is  
now available.



## Upcoming Issues

- Ingrown Toenails
- Tendon Release
- Fasciotomy
- Warts

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## Frequently Asked Questions

### Are your services OHIP covered?

Podiatric services are NOT covered under the OHIP system (these services were de-listed in 1990); however, most private insurance companies do provide coverage for office visits and many procedures.

### If I was to refer a patient, do they have to wait long to be seen?

We have reserved New Patient slots to allow for your patients to be seen in a timely manner. We also have 2 great locations to serve you better and this allows for new patients to be seen quickly and efficiently.

## CLINICS

Medical Foot Solutions has been in operation since 1999 when we opened our clinic in Burlington, Ontario. We have expanded our clinic out to Milton, Ontario as of 2010. We currently have two provincially registered Chiropodists on Staff. The clinic assesses and treats approximately 7200 patient visits per year. We are able to provide a variety of services ranging from: Bio-mechanical assessments, diabetic wound debridement, soft tissue procedures as well as general podiatric care.

### Our Guarantee:

We are committed to providing the absolute best podiatric services in Burlington and Milton. We offer all patients a full refund if they are not completely satisfied.

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