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CENTRAL FLORIDA FOOT & ANKLE CENTER

HEEL PAIN?

299-4551

LAKELAND • WINTER HAVEN • DAVENPORT
www.flfootandankle.com



Our Offices

Winter Haven (Main)

101 6th Street N.W.
Winter Haven, FL 33881
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Fax: 863-299-2310

Lakeland

1115 Lakeland Hills Blvd.
Lakeland, FL 33805

Davenport

2211 N. Blvd West.
Davenport, FL 33837

Cape Coral

1212 Country Club Blvd., Suite 301
Cape Coral, FL. 33990

Lehigh Acres (New)

1530 Lee Blvd., Suite 2300
Lehigh Acres, FL. 33936

What we Do?

As Podiatric Surgeons we treat a wide variety of common podiatric maladies, such as structural conditions including [bunions](#), [hammertoes](#), [flat feet](#), [heel pain](#), [neuromas](#), and [arthritic conditions](#). We also specialize in treating trauma induced injuries such as ligament tears, ankle sprains, and fractures of the foot and ankle.



8 Common Foot Problems

Fungal and **Bacterial** Conditions, including [athlete's foot](#), occur because our [feet](#) spend a lot of time in shoes - a warm, dark, humid place that is perfect for [fungus](#) to grow. Fungal and bacterial conditions can cause dry [skin](#), redness, blisters, [itching](#), and peeling. If not treated right away, an [infection](#) may be hard to cure. If not treated properly, the infection may reoccur. To prevent infections, keep your feet - especially the area between your toes - clean and dry. Change your shoes and socks or stockings often to help keep your feet dry. Try dusting your feet daily with foot powder. If your foot [condition](#) does not get better within 2 weeks, talk to your [doctor](#).

Dry skin can cause itching and burning feet. Use mild soap in small amounts and a moisturizing [cream](#) or lotion on your legs and feet every day. Be careful about adding oils to bath water since they can make your feet and bathtub very slippery.

Corns and **calluses** are caused by friction and pressure when the bony parts of your feet rub against your shoes. If you have corns or calluses, see your doctor. Sometimes wearing shoes that fit better or using special pads solves the problem. Treating corns and calluses yourself may be harmful, especially if you have [diabetes](#) or poor [circulation](#). [Over-the-counter](#) medicines contain acids that destroy the [tissue](#) but do not treat the cause. Sometimes these medicines reduce the need for [surgery](#), but check with your doctor before using them.

Warts are skin growths caused by [viruses](#). They are sometimes painful and, if untreated, may spread. Since over-the-counter preparations rarely cure warts, see your doctor. A doctor can apply medicines, burn or freeze the [wart](#) off, or take the wart off with surgery.

Bunions develop when the joints in your big toe no longer fit together as they should and become swollen and tender. Bunions tend to run in families. If a bunion is not severe, wearing shoes [cut](#) wide at the instep and toes, taping the foot, or wearing pads that cushion the bunion may help the [pain](#). Other treatments include physical [therapy](#) and wearing orthotic devices or shoe inserts. A doctor can also prescribe anti-inflammatory drugs and [cortisone](#) injections for pain. Sometimes surgery is needed to relieve the pressure and repair the toe joint.

Ingrown toenails occur when a piece of the [nail](#) breaks the skin - which can happen if you don't cut your nails properly. Ingrown toenails are very common in the large toes. A doctor can remove the part of the nail that is cutting into the skin. This allows the area to heal. Ingrown toenails can often be avoided by cutting the toenail straight across and level with the top of the toe.

Hammer toe is caused by a shortening of the tendons that [control](#) toe movements. The toe [knuckle](#) is usually enlarged, drawing the toe back. Over time, the joint enlarges and stiffens as it rubs against shoes. Your [balance](#) may be affected. Wearing shoes and stockings with plenty of toe room is a treatment for hammertoe. In very serious cases, surgery may be needed.

Spurs are calcium growths that develop on bones of your feet. They are caused by [muscle strain](#) in the feet. Standing for long periods of time, wearing badly fitting shoes, or being [overweight](#) can make spurs worse. Sometimes spurs are completely painless - at other times they can be very painful. Treatments for spurs include using foot supports, heel pads, and heel cups. Sometimes surgery is needed.

To learn more about foot problems, see videos, and schedule an appointment
PLEASE GO TO OUR WEBSITE. www.FLFootandAnkle.com