

Patient Success Story of the Month

Tarsal Tunnel Syndrome

Richard C Galperin DPM

A Division of Podiatric Medical Partners of Texas (PMPT)

One of my employee's friends recently scheduled an appointment and came in to be seen for painful swelling of her foot after an injury. She is an avid soccer player, and an overzealous player kicked her foot a few weeks ago. And, as we all do, she put off coming in to have it checked out. Just like the rest of us, she leads a very busy life. She also had a walking boot at home from a previous injury which she started using. She was hoping that was the only cause of her symptoms, and that it would just take a little time to recover and that she could treat it herself. No such luck, the pain persisted and the swelling did not go down.

After initial evaluation, and x-rays were taken, it was determined that she had Tarsal Tunnel



Nicky taking care of her toe! Way to go Ana, setting up the tray!

Podiatry Club for Employees

"We're not just employees...we're also patients"

Tonya Hughes, Practice Manger

A Division of Podiatric Medical Partners of Texas (PMPT)

Do you remember that old commercial for hair club for men? Lol That's what we feel like around here. "Not only do we work here...but, we're patients too!"

We see patients who have found us; or who have been referred here because they have a foot problem. But, we need our feet worked on from time to time too! And we tell our friends and family to come here.

Last month alone, 2-3 employees wanted their ingrown toenails taken care of - Nicky & Edith both had theirs done. Nicky's boyfriend came in for orthotics. My friend came in for an injection; and my sister came in for what she thought was a knot on the bottom of her foot. Sandra, from Nail MD came and let Dr Galperin remove a small foreign body from her foot. Another employee got an injection for a neuroma. I even had Dr. Galperin check my corns & calluses before I left for vacation. Oh yeah, and one of our previous employees, from years ago, brought in her grand-daughter to be seen.

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Tarsal Tunnel Syndrome

Many people are familiar with the term Carpal Tunnel Syndrome, as this has become an increased relevance since the introduction of computer keyboards. We've all known someone who has had treatment, or perhaps even a surgery on their hands for this condition. A similar condition can develop in the feet called **Tarsal Tunnel Syndrome**.

This condition is quite common and affects millions of people and is often confused with heel pain. This condition usually presents with a burning or tingling sensation starting around the bottom of the ankle joint, on the inside of the foot. This pain often radiates to the bottom of the heel where it can be misdiagnosed as a heel spur syndrome, or plantar fasciitis condition.

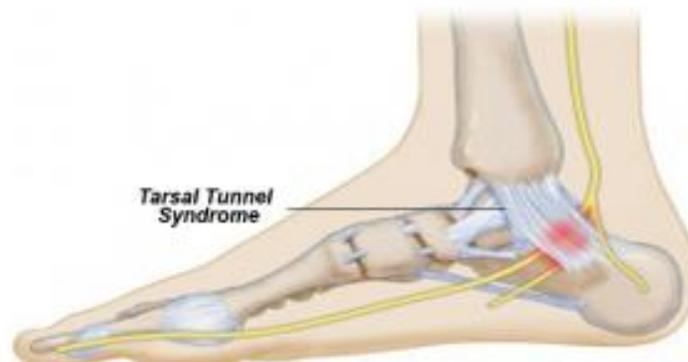
As with the condition found in the wrist, Tarsal Tunnel Syndrome is caused from a nerve entrapment. In this case, there is a wide band that stretches from the ankle to the foot that conceals and protects the nerve artery and vein traveling from the leg to the foot. The structures are called the retinaculum. When there is pressure against this band, the nerve can become entrapped, causing pain in the area, and the pain can travel to the bottom of the foot.

If you have ever been sitting in your car, and your shoulder seatbelt does not release as you move forward, causing pain in your shoulder, this is a similar trauma as to what occurs in your foot. This is usually a burning, aching and sometimes tingling type sensation. The condition is usually aggravated with standing and walking.

A way to identify if you may be at risk for this problem would be to stand barefooted on a flat surface and look down at your feet. If you notice that your arches collapse, or feet turn inwards, this could predispose you to this condition. Also if you evaluate your shoes, and notice that they are deformed in a similar manner, this could also indicate a problem.

Fortunately, patients respond very well to conservative therapy. This would involve a biomechanical evaluation which involves range of motion, x-ray evaluation looking at the bone structure, as well as any callus formation or deformities of your feet. Treatment can be as simple as choosing a better shoe, over-the-counter or custom arch supports have been extremely effective in correcting the way you walk and stand, and decreasing tension in the area. Steroid injections can reduce swollen nerves and symptoms associated with this condition. In nonresponsive or chronic conditions, surgical intervention has been indicated by reducing the pressure caused from the band.

If you are experiencing any of the symptoms, or are concerned that you may be at risk, we highly recommend that you make an appointment to visit our office where we can evaluate and discuss your problems or concerns.



Special of the Month:

\$10 off

Dr. Comfort Sandals

(while supplies last)

Men's & Women's



Use Code DRC

**Offer Expires
09/30/2017**



Podiatry Club for Employees

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Everybody Loves Dr Galperin

Also, we all love wearing our Vionic shoes; and on any given day, you can find one of us in the spa getting pampered.

I think this just shows a lot about Dr Galperin and the faith that we all have in him. A lot of people ask for recommendations like this: "What would you do if this was for you, or your mother, or your child?" Because they want an honest, and very thought-out recommendation.

And if Dr. Galperin's employees, and past employees are using him and referring him to their own family and friends, I think you can rest assured that, when you come in to see him, or when you refer your friends and family to come in and see him, you are getting good advice that you can trust.

Come by & see us soon! Join the family!



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Patient Success Story of the Month

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Syndrome. We discussed several treatment options, and we decided injection therapy was the way to go. After the injection was administered, she was amazed. "The swelling went down before my very eyes!" she said.

The typical signs and symptoms for this condition that she was experiencing were improved. In addition, to help maintain the alignment of her foot and ankle, we dispensed a pair of fashionable Vionic shoes. This shoe incorporates an orthotic into the insole, thus allowing the injection to continue to be effective in reducing swelling of the area. Based on the initial findings and improvement, we are encouraged that she will continue to exhibit great success. We did talk about how this condition may take several weeks of controlled motion before long term benefits could be achieved. She is coming back in for a check up in a couple of weeks. In the meantime, her home care will involve... wearing pretty shoes. We already count her as a Success story!

#TrueStory

CALENDAR OF EVENTS

TO YOUR HEALTH! – HEALTH & WELLNESS FAIR KIDD SPRINGS RECREATION CENTER

Saturday 09/30/2017 time 8:00 AM – 12:00 PM

Methodist Dallas Medical Center, American Diabetes Association, Dallas Parks & Recreation & MLC Insurance Group is sponsoring this event. We will have a booth out there – so come and see us!! This is our neighborhood.

COUNTRY DAY ON THE HILL

CEDAR HILL - ON THE SQUARE

SATURDAY 10/14/2017 TIME 9:00AM – 6:00PM

We will once again be participating in the 80th Annual Country Day on the Hill in Cedar Hill. Our booth is always in front of Babe's Chicken. Come out and see us. We will have Nail MD specials – and we always have little giveaway gifts!

Congratulations to the winner of the Facebook contest Friday 08/25/2017:

Out of 56 entries of tickets handed out all over Bishop Arts District & at doctors' offices & at Methodist Dallas Medical Center:
Anonymous ticket # 408175
Won a free manicure!

Keep an eye out for your next opportunity to enter one of our drawings!!

A Word from One of our Patients:

"A couple of months ago I noticed a sharp pain in my right toe. Everything I tried didn't help the situation. That's when I realized that I might have an ingrown toenail. Every bump sent pain throughout. It was unbearable. I called my PCP & he prescribed an antibiotic. I took them until they were all gone. My toe felt better. But I knew I would need to have my toe taken care of. I made an appointment with Dr. Galperin & received an appointment. He & his staff was very professional & they took care of the problem. When I heal there won't be anymore pain and I'll be able to wear all my nice shoes. Thanks to Dr. Galperin & his staff."

Barbara M.

Office Hours:

Monday:	9:00am – 12:00pm	-	1:00pm – 6:00pm
Tuesday	8:00am – 12:00pm	-	12:30pm – 4:30pm
Wednesday	8:00am – 12:00pm	-	12:30pm – 4:30pm
Thursday	9:00am – 12:00pm	-	1:00pm – 6:00pm
Friday	8:00am – 12:00pm	-	1:00pm – 4:30pm
Saturday	Closed		
Sunday	Closed		



Richard C Galperin DPM
801 N Zang Blvd Ste 103
Dallas, TX 75208
Phone (214) 330-9299
www.drgalperin.com



PLEASE REFER
YOUR FRIENDS
& FAMILY