



## Heel Pain Study Yields Innovative New Treatment

---

***Lowell Weil, Jr., DPM, MBA, FACFAS***

It is estimated that 15 million Americans suffer from heel pain. While most of these people can be successfully treated over a four to six month period with shoe modifications, arch supports, stretching exercises or activity modifications, some people will need to go on and pursue more aggressive alternatives. The physicians at the Weil Foot & Ankle Institute (WFAI) have been active in the research and development of newer and less invasive alternatives that shorten recovery periods.

Extracorporeal Shock Wave Therapy (ESWT) has been used by the physicians of WFAI since early 2000, with over 2500 procedures performed to date. As one of the first institutions in the U. S. to utilize this technology, WFAI pioneered the research and understanding of this non-invasive technology that successfully treats soft tissue-related problems like chronic heel pain, chronic tendon problems and some bone related issues.

Alternatively, coblation may be an appropriate treatment. WFAI is currently involved with a prospective double blind study showing the benefits of coblation (Topaz). This technology allows for minimally invasive techniques used to heal chronically damaged tendons and other soft tissue disorders. Because of its minimally invasive techniques and soft tissue sparing surgical procedure, coblation allows for quick and relatively painless recoveries. To learn more, contact

[info@weil4feet.com](mailto:info@weil4feet.com) or call the Weil Foot & Ankle Institute at 847-390-7666 for an appointment.

## Bunions

---

### *Lowell Scott Weil, Sr. , DPM, FACFAS*

Bunions are enlargements that occur adjacent to the big toe joint. The condition is most often congenital but can be caused and aggravated by tight socks and shoes. Women have bunions nine times more frequently than men. Could it be the shoes they wear? We often see bunions on children as early as eight years old. This is especially true when their mom or grandma has the condition as well.

When bunions are painful even with good fitting shoes, interfere with ones lifestyle, or are just plain ugly, an assessment by a foot surgeon might be wise. There is no conservative care for bunions other than to get larger shoes to accommodate the enlargement on the foot and this method is an effective treatment for some people. When this is not successful, surgery may have to be considered. There are more than 135 different surgical operations that have been proposed for bunions.

The doctors at the Weil Foot & Ankle Institute are among the “international thought leaders” regarding the surgical correction of bunion deformities. Our doctors have published and lectured on the subject in 24 countries and 46 states in the US. One of our recent publications showed that two feet could be operated on at the same time with no greater risk than having just one. This has been very important to our patients who wish to return to work and their normal lifestyle as soon as possible.

Our surgical procedures are performed with the patient under light sedation, as an outpatient, and usually take about 1 hr per foot. In one week most patients are able to return to an athletic type shoe, take a shower or bath and drive a car. Total healing often takes several weeks but everyone is different with her speed of healing. Recurrence of the bunion is rare following surgery and in most cases, special shoes are not necessary following the procedure. If you would like to learn more about bunions, contact [info@weil4feet.com](mailto:info@weil4feet.com) or call the Weil Foot & Ankle Institute at 847-390-7666 for an appointment.

## Recognizing an Ankle Sprain

---

### *Anthony Borrelli, DPM, FACFAS*

Ankle sprains are among our most frequent injuries seen in the everyday foot and ankle practice. Though they are frequent, they should not be dismissed as insignificant. Ankle sprains can be

extremely painful when they happen and if not dealt with properly, they can cause problems long after they heal. A simple three-step process helps us protect and treat ankle injuries.

The first step in the treatment of an ankle sprain is assessment. The outside of the ankle has three ligaments that control the stability of the ankle. Surrounding these ligaments are other 'foot ligaments' that really have no function in ankle support. There are also other tissues that can be injured in rolling of the ankle, such as nerves, muscles and injuries to the foot bones.

The second component of treating ankle sprains is to determine how severe they are. The more injured the ligament, the more stabilization it will require and the longer time it will require to heal properly.

The third factor in dealing with a true ankle sprain is to protect the ligament for enough time so that the ligament can heal without inflammation or stretching. Without properly securing the ankle, the overall function of the ligament will be compromised, even after it has healed. If the ligament heals stretched out, it no longer can stabilize the joint that it spans and instability results. Chronic instability can lead to greater risk of future injury, so emphasis is placed on following your individual treatment as prescribed. For additional information, contact [info@weil4feet.com](mailto:info@weil4feet.com) or call the Weil Foot & Ankle Institute at 847-390-7666 for an appointment.

## Meet Our New Doctors!



**Gregory T. Amarantos, DPM, FACFAS**

Dr. Amarantos practices at our WFAI offices in Glenview, Lake Forest, Des Plaines, and Chicago on Foster Avenue, across from Swedish Covenant Hospital.



**James H. Lawton, DPM, FACFAS**

Dr. Lawton practices in our WFAI offices in Berwyn and Des Plaines.



**George Enriquez, DPM, FACFAS**

Dr. Enriquez practices at our WFAI offices in Chicago/Bridgeport at 35th Street and in Highland Park.



**Anna K. Weber, DPM, AACFAS**

Dr. Weber practices in our WFAI offices in Des Plaines, Glenview, Berwyn, and Chicago on Foster Avenue, across from Swedish Covenant Hospital.

## **Online Medical Products Store Gives Patients Convenience and Options**

---

Weil Foot & Ankle Institute (WFAI) has introduced a link from its website [www.weil4feet.com](http://www.weil4feet.com) to

an Internet store which offers a multitude of medical related products. The site which gives patients the convenience of being able to order products online and eliminates the uncertainty of finding needed products at local retail stores or determining if the product is of high quality.

The store offers hundreds of quality products for all types of problems from chronic skin problems such as corns and callouses, nail fungus, athletes foot and warts to more activity related solutions such as arch supports and name brand, high end athletic shoes like New Balance.

Over the 41 years of its existence, WFAI has recommended products to their patients for convenient, noninvasive solutions. However, it was never able to inventory the vast array of suggested products. This webstore offers patients of WFAI the ability to have access to all kinds of recommended products at competitive Internet pricing while not having to leave the comfort of your office or home and waste needless time.

The site also allows patients to get products for problems that may not necessitate a visit to the doctor or to purchase additional products that their physician has already recommended and/or provided.