

# WEIL FOOT & ANKLE INSTITUTE

## New Medical Breakthrough at Weil Foot & Ankle Institute

### Sonic Radial Shockwave Treatment



#### [What is Sonic Shockwave Treatment ?](#)

Sonic Shockwave Treatment is a non-surgical method of reducing heel pain associated with a condition known as plantar fasciitis. Using high pressure shockwaves to travel through the skin, the treatment promotes healing without harm to the surrounding tissues. Within days, pain is dramatically reduced and most people return to the activity of daily living, even having suffered with heel pain for several months.. The high energy pulsations of Sonic Shockwaves stimulate the body's natural self healing process to accelerate return to activity.

#### [Who benefits from Sonic Shockwave Treatment ?](#)

Patients who have experienced chronic heel pain, plantar fasciitis, heel spur or

typical candidates for this treatment.

**Does this Sonic Shockwave Treatment involve surgery or injections?**

Sonic Shockwave Treatment means that there is NO surgery, No anesthesia, and No injections.

**What is involved in the treatment?**

Sonic Shockwave Treatment is performed in the office setting. The trigger point, or sore area will be located and marked. A medical gel is applied to the injured area. The Sonic Shockwave hand piece is then positioned to extensively transmit sonic shockwaves over the injured area.

**How long does this treatment take?**

A typical Sonic Shockwave treatment lasts about 15 minutes. Typically, patients require one treatment session per week for three weeks.

**How soon can I expect results?**

Most patients will notice improvement immediately after the first treatment, however, overall healing continues for three months after the last treatment. Immediate results are evident as patients walk away without the excruciating pain they had before, and are soon back to full activities.

**Call Weil Foot & Ankle Institute**

**847-390-7666**

**for a Sonic Radial Shockwave Treatment consultation**

**International Society for  
Medical Shockwave Treatment**



Dr. Lowell Weil, Jr.

Lowell Weil, Jr., DPM, MBA, FACFAS was elected President of the International Society for Medical Shockwave Treatment in May of 2009. He is the first American physician to be elected to an executive position of this organization. Dr. Weil, Jr. has pioneered the use of extracorporeal shockwave treatment (ESWT) for plantar fasciitis in the United States and has been involved with FDA studies and written several papers, as well as co-authored a book on the subject of musculoskeletal ESWT.

Dr. Weil, Jr. is the Fellowship Director of Weil Foot & Ankle Institute and is a team podiatrist for the Chicago White Sox and the Chicago Fire. He is Chairman of the International Scientific Meeting to be held in Chicago in June of 2010.

## Custom Orthotics, Braces, & Shoes



Dr. Frank Bongiovanni

Weil Foot & Ankle Institute is the only certified podiatric medical facility in the State of Illinois that fabricates custom braces and orthotics on site. Dr. Frank Bongiovanni, a podiatric physician and a board certified pedorthist with the Weil Foot & Ankle Institute, has a specialty practice where he focuses on

braces, custom shoes, and shoe modifications. He is the director of our onsite laboratory that fabricates these devices. Dr. Bongiovanni has been treating foot pathology for many years. Prior to entering Podiatric Medical School, he was trained by his father, Tony Bongiovanni, an orthopedic shoe maker, who started his career working for the Dr. Scholl shoe company. Between Dr. Bongiovanni and his father they have over a century of experience fabricating orthotics, custom shoes, and custom braces.

He has invented an orthotic that is specific for athletes and his orthotic design is built on a hybrid concept using state of the art materials which combine the principal of functional control and shock absorption. This technology has been applied to thousands of athletes with a success rate of over 90%. These orthotics are designed of 5 layers of materials that are vacuum pressed and molded to the exact contour of your foot. This process requires hand finishing which is an old world skill perfected by few.

Dr. Bongiovanni has also developed his own design of custom braces for ankle instability, arthritic conditions and arch collapse. His braces are custom made to the shape of your foot, fabricated on site, and are the thinnest and most stabilizing devices on the market. He uses the softest leather imported from the finest European tanneries. The leathers used in his design are hypo-allergenic and are chromium free, an attribute not seen by any other fabricator in the United States. This is a true "green" technology.

Not all foot pathology can be treated via orthotics and braces. In these instances shoe modifications are necessary to supplement a patient's treatment. One example is the metatarsal bar which can be used to treat diabetic ulcers, metatarsalgia. This is a powerful modification that offloads the ball of the foot by approximately 50-70 percent. Research has been performed at the Weil Foot & Ankle Institute to support this finding.

Dr. Bongiovanni also fabricates elegant custom shoes for men. He has developed his own shoe line that any professional male would be proud to wear. These shoes are designed from European leathers and are customized to the shape of

especially useful in the "difficult to fit foot" ..

Take me out to the ball game...  
Weil Foot & Ankle Institute Doctors team up  
with Chicago  
Professional Sport Teams

TEAM PODIATRIST, CHICAGO WHITE SOX BASEBALL CLUB

Dr. Lowell Weil, Jr.

Dr. Lowell Scott Weil, Sr.

TEAM PODIATRIST, CHICAGO FIRE SOCCER TEAM

Dr. Lowell Weil, Jr

TEAM PODIATRIST, CHICAGO SLAUGHTER ARENA FOOTBALL TEAM

Dr. Anthony Borrelli

Weil Foot & Ankle Institute also has other doctors who are affiliated  
with local high school and Chicagoland athletic teams

**Happy Feet = Happy Kids**



As soon as that last school bell rings for the summer, kids hit the ground running. Whether they are headed to the pool, the beach or to camp, the short time between the end of school and the beginning of summer activities is a great time to pay attention to your child's foot health.

Fun in the sun can end with a day at the doctor's office if the proper safety measures are ignored. So before children catch their first glimpse of the giant slide at the pool, the oversized toys at the park, or the exciting new rides at the amusement park, prepare them with the right footwear and protect them with the right care. Here are a few tips from the Weil Foot & Ankle Institute to make the summer fun and safe.

- Carefully observe your child's walking patterns. Does your child have toes that point in or out, or have knock-knees or other gait abnormalities? These problems can be corrected if they are detected early and treated..
- Children's feet change size rapidly, so always have your child's feet measured each time you purchase new shoes. Make sure that measurements are done while the child is standing for a more accurate sizing. The best time to buy new shoes is at the end of the day.
- When shopping for shoes, look for stiff material on either side of the heel, adequate cushioning and a built-in arch. The shoe should bend at the ball of the foot, not in the middle of the shoe.
- Never wear hand-me-down shoes.
- Don't buy shoes that need a "break-in" period. Good shoes should feel comfortable right away. For athletic activities, choose a comfortable shoe with plenty of room.
- Never pack brand-new shoes for your children to wear on vacation. For long walks and hiking, it is a good idea to "break-in" shoes.

- When applying sunscreen, don't forget about putting some on your child's feet. Additionally, always remember to re-apply.
- Watch for clues that your child may be injured. Limping, tripping, and hesitating to bear weight are telltale signs that something may be wrong. Remember that lack of complaints by a youngster is not a reliable sign. The bones of growing feet are so flexible that they can be twisted and distorted without the child being aware.
- Be careful about applying home remedies to children's feet. Preparations strong enough to kill warts in adults may irritate kids' skin..

## Plantar Warts: A Nagging Little Problem

Not just found on witch's noses, warts can be a nagging problem on the feet too. Caused by a virus, warts are one of several soft tissue conditions of the foot that can be quite painful. The virus that causes warts often invades the skin without evidence of cuts and abrasions. Warts can appear anywhere on the skin, but technically only those on the sole of the foot are properly called plantar warts. Children, especially teenagers, tend to be more susceptible to warts than adults because they lack the antibodies that adults develop; some people seem to be immune.

Most warts are harmless, even though they may be painful. They are often mistaken for corns or calluses—which are layers of dead skin that build up to protect an area which is being continuously irritated. The wart, however, is a viral infection.

Plantar warts tend to be hard and flat, with a rough surface and well-defined boundaries; warts are generally raised and fleshier when they appear on the top of the foot or on the toes. Plantar warts are often gray or brown (but the color may vary), with a center that appears as one or more pinpoints of black. It is important to note that warts can be very resistant to treatment and have a tendency to reoccur.

into clusters of several warts; these are often called mosaic warts. Like any other infectious lesion, plantar warts are spread by touching, scratching, or even by contact with skin shed from another wart. The wart may also bleed, another route for spreading.

Since plantar warts develop on the weight-bearing areas of the foot—the ball of the foot, or the heel, for example—they can be the source of sharp, burning pain. Pain occurs when weight is brought to bear directly on the wart, although pressure on the side of a wart can create equally intense pain.

Not all warts need surgery. Some medications are successful especially when used early after recognition of the condition. The Weil Foot & Ankle Institute has pioneered the use of Pulse Dye Laser and Radio Frequency Plasma Ablation of warts with minimal disability and excellent effectiveness in most cases.

To set up an appointment to have your wart evaluated and treated call: 847-390-7666.

## Flip-Flops Can Put a Damper on Warm-Weather Fun



Oppressively hot conditions are bearing down hard on many parts of the country, which means that flocking near pools, shady parks and especially the nearest beach is again the most popular weekend choice for many. However, one fashionable footwear choice worn around these summer sanctuaries - the flip-flop- can be detrimental to your foot health in many ways if you don't take heed of the essential flip-flop "do's" and "don'ts" to avoid falling victim to a "flip-flop fiasco:"

## Flip-Flop DO'S

- Do gently bend the flip-flop from end to end, ensuring that it bends naturally at the ball of the foot. Shoes should never fold in half.
- Do wear a pair of flip-flops that have a slightly elevated heel if you are an adult who has not walked in flat shoes in a long time. With no heel elevation, conditions such as plantar fasciitis (heel pain) and Achilles tendinitis can develop quickly on long walks.
- Do ensure that your foot does not hang off the edge of the flip-flop

## Flip-Flop Don'ts

- Don't re-wear flip-flops year after year. Thoroughly inspect older flip-flops for wear. If they show signs of severe wear in the soles, it is time to discard them
- Don't ignore irritation between the toes, where the toe thong fits - this can lead to blisters and even worse irritation. If you develop this problem, place Vaseline between your 1<sup>st</sup> and 2<sup>nd</sup> toes.
- Don't wear flip-flops while walking long distances. Even the sturdiest flip-flops offer little in terms of shock absorption and arch support.
- Don't do yard work while wearing flip-flops. Always wear a shoe that fully protects the foot when doing outside activities.
- Don't play sports in flip-flops.

Coming in the Fall Newsletter.....

## Platelet Rich Plasma

An amazing new development in the  
treatment of many conditions



Dr. Lowell Scott Weil, Sr.

Watch for the story on Platelet Rich Plasma treatment for an array of difficult to treat injuries and problems throughout the musculo-skeletal system. Dr. Lowell Scott Weil, Sr. will discuss the research activities being performed by the Weil Foot & Ankle Institute using Platelet Rich Plasma (PRP) and Platelet Rich Serum (PRS)

## Weil Foot & Ankle Institute now has ~~14~~15 Podiatric Physicians

Dr. Gregory Amarantos   Dr. Jeffery Baker   Dr. Anthony Borrelli  
Dr. Wendy Benton-Weil   Dr. Frank Bongiovanni   Dr. Donna DeFronzo  
Dr. George Enriquez   Dr. Shine John   Dr. Paul Kasdan  
Dr. James Lawton   [Dr. Robert O'Keefe](#)   Dr. Joel Spatt  
Dr. Lowell Weil, Jr.   Dr. Lowell Scott Weil, Sr.   Dr. Stephen Weinberg

## Visit us at one of Weil Foot & Ankle Institute 12 locations

Barrington, Berwyn, Chicago, Des Plaines, Glenview, Highland Park,  
Lake Forest, Libertyville, Park Ridge  
In Chicago: Bridgeport, Lincoln Park, Swedish Hospital , Thorek Hospital

**[New Patient Web Portal Allows You to Register and](#)**

## [Pay Your Bill Online](#)

[Weil Foot & Ankle Institute is pleased to announce that we have launched a new service to enable you to communicate with us quickly, easily, and when you choose. Our secure Patient Portal delivers self-service capabilities, so managing your healthcare needs is just a click away.](#)

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[Some of the things you can accomplish with the new Patient Portal include:](#)

-  
[Complete pre-registration paperwork & manage personal health records](#)

[Request appointments](#)

[Communicate with us via secure email](#)

[Pay your bill online](#)

-  
[It's quick and easy to sign up: just log on to <http://www.weil4feet.com/portal> and click on the Create an Account button to create your secure personal account.](#)

**We look forward to hearing from you...**

**To schedule an appointment...**

**847-390-7666 or visit us at our website**

[www.weil4feet.com](http://www.weil4feet.com)

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