



# SPOTLIGHT

## The many facets of comprehensive foot care



### ORTHOPEDIC SOLUTIONS TO KEEP YOU ON THE MOVE.

#### Orthopedics & Sports Medicine

**Dr. Christopher Owens**

Medical Director and Orthopedic Surgeon

**Dr. Arjuna Cuddeback**

Orthopedic Surgeon

**Dr. Nicholas DeFauw**

Sports Medicine Physician

**Dr. Michael Hartman**

Orthopedic Spine Surgeon

**Dr. Robert Hill**

Pain Management

**Dr. Kevin Houseman**

Podiatrist

**Dr. David Koronkiewicz**

Orthopedic Surgeon

**Dr. Robert Lane**

Orthopedic Hand Surgeon

**Kacy Davis**

Nurse Practitioner

**Lindsay Neff**

Nurse Practitioner

**Kirby Wilcoxson**

Nurse Practitioner

To refer a patient to Orthopedics & Sports Medicine, call (574) 534-2548 or fax a referral form to (574) 534-3622.

#### **Dr. Kevin Houseman, Podiatrist**

Primary care providers generally have a good understanding of the scope of modern podiatry, but that may not be true of their patients. Many patients tend to underestimate the importance of foot care. It may be easy for them to dismiss foot pain, sores or discomfort at first, but left untreated, foot problems can lead to limited mobility or increased levels of pain or weakness. Before long the patient's quality of life is diminished or more serious health threats can evolve.

At Goshen Physicians Orthopedics & Sports Medicine, we provide comprehensive foot care from common foot problems to serious conditions such as venous leg ulcers, chronic wound treatment, diabetic complications, fractures, deformities and much more. We work with primary care providers, Goshen Wound Center and Goshen Heart & Vascular Center – as well as other specialists – to meet the needs of our community.

I specialize in the foot up to the knee, with particular attention to the forefoot and midfoot. I treat issues such as toenail problems; corns, calluses and bunions; fractures; flat feet; and high arch feet. One of the common cases I treat involves plantar fasciitis caused by lifestyle or and occupational activities, unsupportive footwear and activity changes. This condition can be quite painful, as well leading to other complications including knee, hip and back problems.

### Arthritis and diabetes contribute to foot problems

Arthritis can precipitate a variety of foot problems such as hallux limitus. This condition involves the big toe and can cause severe pain and decreased range of motion and flexibility, especially when walking. As patients get older, joint damage can advance from pain and swelling to actual physical changes in the foot. Some conditions can be treated in our office through steroid injections and prescribed anti-inflammatory drugs. Other patients may need to be provided with pads, custom-fitted shoes or orthotics. If the need is appropriate, there are various surgical options including fusion surgery or joint replacement/implant.

Not surprisingly, diabetes leads to many foot problems. One condition I have treated but is not widely known is Charcot foot. This can affect patients with peripheral neuropathy, especially those with diabetes. Actually, diabetes can

cause diabetic neuropathy and peripheral vascular disease as well as diabetic ulcers. Because these and other foot ailments can all develop into serious complications, diabetics need to pay particular attention to their condition. Small problems can quickly lead to larger problems. A little scratch may not seem like a big deal, but lacking appropriate attention can lead to a horrible infection and potentially even require an amputation.



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*What healthcare providers need to know*

### Fracture care and treatment



We also frequently provide fracture care and treatment. One common foot fracture is a metatarsal fracture which frequently occurs as a result of injury. Metatarsal fractures can also be the result of a stress fracture caused by long distance running or other activities that put excessive strain on the foot. Treatment may involve putting the foot in a cast or boot or surgically repairing it through open reduction and internal fixation (ORIF).

Occasionally, PCPs will ask when patients should be referred to a podiatrist. There is no “one size fits all” answer. It really comes down to the provider’s comfort level and time to devote to the patient’s foot issues. We are available and pleased to provide treatment at whatever level needed. The critical factor is making sure foot problems are given treatment appropriate to the situation. As mentioned previously, early attention to foot problems can help eliminate potentially serious problems later.

*Kevin Houseman, DPM, FACFAS, is certified in foot surgery by the American Board of Foot and Ankle Surgery.® A leader in wound care, he has extensive experience with diabetic wound care and limb preservation. His comprehensive approach to wound management includes coordination of hyperbaric oxygen therapy at Goshen Wound Center to accelerate healing of chronic wounds.*



### New hand surgeon joining practice

Robert Lane, DO, is an orthopedic surgeon joining Goshen Physicians Orthopedics & Sports Medicine in August. He specializes in complex surgeries of the hand and upper extremities and has advanced training in microsurgical repair of arteries and nerves.

With special training in upper extremities, Dr. Lane focuses on treatment of carpal tunnel syndrome, tendonitis, arthritis of the thumb/hand/wrist and injuries, such as fractures, nerve, tendon and nail trauma.



#### TO REFER A PATIENT

To refer a patient, fax a referral form to (574) 534-3622.

Call for an appointment at (574) 534-2548.

If you would like more information or to meet any of our doctors, please contact **Jenny Rupp, Physician Liaison**, at [jrupp2@goshenhealth.com](mailto:jrupp2@goshenhealth.com) or (574) 364-2978.

Goshen Physicians Orthopedics & Sports Medicine | 1824 Dorchester Ct. | Goshen, IN 46526 | (574) 534-2548