

This little piggy went the wrong way

Bunions and hammer toe are common issues associated with ill-fitting footwear

*****SOT*****

Dr. Marc Leonard, OSF HealthCare podiatrist

“We make a cut in that bone, bring it over back into alignment and put some screws in. Then we protect the area during post-operative course.” (:08)

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Dr. Marc Leonard, OSF HealthCare podiatrist

“We find the more people rest and elevate the foot, the better they feel. There’s less swelling and less potential for complications.” (:08)

*****SOT*****

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“They make very prominent knuckles that can rub in the shoe and get red, irritated and sore.” (:06)

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Dr. Marc Leonard, OSF HealthCare podiatrist

“We remove some of the bone which allows the toe to reduce the contracture. Then, typically, we stabilize it in that new position with a wire for four weeks. Then that wire comes out. The toe should be more stable, straighter and hopefully not rub and cause the same pain it did prior to surgery.” (:23)

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“Things I recommend avoiding: flip flops, lighter weight canvas shoes or shoes that just don’t give you a lot of support. Instead, I recommend a good, sturdy walking shoe. If you have to do a sandal or flip flop, get something that’s well-made with good arch support.” (:21)