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Newsletter | Spring 2018

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Dr. Marc Haspel, representing the NJ Podiatric Medical Society, meeting with NJ State Senator Nellie Pou, at a recent cocktail reception at the Brownstone House in Paterson.

Morton's Neuroma By Marc Haspel, DPM

A very painful condition that affects the ball of the foot is Morton's neuroma. Despite its name, it was first identified by Durlacher, a historical prominent chiropodist. The type of pain can range from feeling like there's a pebble in the shoe to a sharp lancinating pain through the ball of the foot. What happens here is that a nerve in the ball of the foot, most commonly found near the third interspace, becomes inflamed through irritation from the neighboring metatarsal heads. Though the name neuroma implies a tumor of the nerve itself, it is actually the nerve's canal that is affected, causing disruption to the nerve traveling within. The result is sharp pain. Often this condition arises from a foot that is a flat foot.continued on page 2

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Fri : 9am – 1pm

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only

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....continued from page 1 **Morton's Neuroma By...**

When this condition develops, there are many good treatment options available. First, and foremost, is the use of injection therapy to address the painful symptoms. Commonly, a general cortisone injection is used as a first line treatment to reduce inflammation around the nerve. This treatment should be combined with an attempt at taking pressure off the problem nerve through the use of padding. The next level of treatment may involve a series of injections containing ethyl alcohol in order to dehydrate and therefore shrink the bad nerve tissue, in effect loosening it's attachments within the foot and eliminating the pain.

If these conservative measures fail to alleviate the condition, there are surgical options available.

In fact, surgery may in deed be the treatment of choice for neuroma because it allows for biopsy of the nerve and true identification of the condition.

Of course, good medical treatment of neuroma should be combined with sound biomechanics. In most cases, any reduction of symptoms should also involve the ordering of custom orthotics to control the biomechanical forces that helped lead to the condition in the first place.

A podiatric physician is very well equipped to handle this, and many other painful problems that can wreak havoc on the feet.

Learn More About Orthotics: Their Benefits and Functionality Will Surprise You!

When you hear the word "orthotics," what image jumps into your mind? An orthopedic device that helps prevent or correct a foot deformity? An appliance to help reduce an elderly person's risk of falling? A shoe insert to realign the leg and relieve knee pain from osteoarthritis?

Well, custom-fitted orthotics do all that and much more!

What Are Custom-Made Orthotics?

There are many types of shoe inserts available at pharmacies and other retail establishments. Off-the-shelf inserts are sold by shoe size or can be trimmed to fit, and are relatively inexpensive with no waiting period.continued on page 3



Trivia

Wearing tight shoes or high heels can increase your risk of getting a type of tumor in your foot.

- A. True
- B. False

Answer: **A. True**

Morton's neuroma, a benign nerve tumor, is linked to wearing high heels and shoes with tight toe boxes -- so women get it 8 to 10 times more often than men. It's a thickening of the tissue around a nerve heading between the third and fourth toes. The shooting pain feels like stepping on a hard kernel of corn. Another surprising cause: positioning your toes abnormally. Golfers, who twist the foot when swinging, are neuro-ma-prone.

....continued from page 2 **Learn More About Orthotics: Their....**

Store-bought inserts are, however, generic. Your feet are **not** generic! Instead, they have their own physiology and unique needs.

Custom-fitted orthotics are completely individualized as they are not based just on your foot size. These unique devices are made precisely to the shape and form of your foot and will fit and support only you. Custom-made orthotics are the way to go to address your specific foot requirements.

Orthotics Address a Wide Variety of Foot Problems

Custom-fitted orthotics can help many different foot issues, including:

- Heel pain
- Bunions
- Corns and calluses
- Flat feet
- High arches
- In- and out-toeing
- Hammertoe and claw toe
- Forefoot pain
- Neuropathic ulcerations

Many foot problems arise from biomechanical issues caused by muscle weakness, joint problems or poor shoe choices. These issues put extra strain on the feet as well as higher up in the body, causing shin splints as well as knee, hip and lower back pain.

Orthotics can help resolve foot problems and those resulting from poor foot biomechanics.

Orthotics Help Athletes Stay in the Game

Athletes in virtually every sport – well, maybe not swimming! – as well as those who enjoy any type of workout can benefit from custom-made orthotics.

Because orthotics work with your specific foot type, they will improve your comfort, maintain appropriate alignment of your lower limbs and increase your efficiency. They also reduce the chance of a lower-limb injury to keep you in the game longer.

Whether you are a runner or walker or enjoy sports like basketball, tennis, dancing, climbing and biking, custom orthotics can enhance your performance while reducing pains and aches and lowering your risk of an overuse injury. Please come in to our office to discuss how orthotics can help you today!

Come on in to one of our four offices and see our Board Certified Foot and Ankle Surgeons to find out if orthotics are right for you. We will perform a digital scan on you so we can evaluate the biomechanics and function of your foot and gait. If we determine you are a good candidate for orthotics, a custom insert can be molded from this digital footprint within a couple weeks time.

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Meet our Doctor



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