

2. Hammertoe

Hammertoe is a bending deformity of one or both joints of your toes. This abnormal bending can put pressure on the toe when wearing shoes. Hammertoes should receive prompt attention because of their progressive nature. They do not improve without some kind of intervention.

3. Melanoma

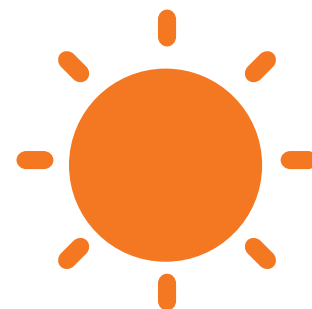
Melanoma (the deadliest type of skin cancer) is the type of skin cancer most frequently found on the feet. If you notice an abnormal freckle or mole anywhere on your foot, even under your toenail, it is best to have us evaluate it. Early detection is key.

4. Haglund's Deformity

If you notice a painful bony enlargement on the back of your heel, it could be a Haglund's deformity. The soft tissue near the Achilles tendon becomes irritated when the bony enlargement rubs against shoes. This often leads to painful bursitis, which is an inflammation of the fluid-filled sac between the tendon and the bone—the bursa. We can treat a Haglund's deformity nonsurgically, but when conservative methods fail, surgery may be needed to relieve pain.

5. Tailor's Bunion

While most people have heard of the most common type of bunion, which is near the big toe, another type of bunion is the tailor's bunion or bunionette, which occurs near the little toe. If you notice a painful bump at the base of your little toe, it could be a tailor's bunion. We can provide you with conservative methods of treatment as well as surgical options to help alleviate the pain.



No matter your foot ailments, for best results, visit our office so we can provide you with a proper diagnosis and offer treatment options specific to your condition.

Are Popular Sandals Causing Foot Problems in Men



Footwear has come a long way since Roman armies conquered an empire wearing only sandals on their feet. But what is old is new again, as more and more men make sandals their summer footwear of choice.

Along with the growing popularity of men's sandals come more aches and pains for male feet. The wrong sandal could cause problems, including heel pain, Achilles tendonitis, pain in the big toe and even breaks and stress fractures in the foot.

If you are shopping for a man sandal—or “mandal” as some people call it—look for a sturdy, cushioned, supportive sole and padded straps. Men living with diabetes should consult our office before wearing sandals.

