

South Florida Institute of Sports Medicine

Foot, Ankle & Leg Specialists of South Florida, Inc.

The physicians and staff at Foot, Ankle & Leg Specialists of South Florida have assembled the most qualified staff of foot and ankle surgeons along with consulting staff from Orthopedics, Physiatry, Anesthesiology and Physical Therapy.

We have specific training, experience and expertise to correctly diagnose and treat all foot, ankle and leg problems in infants, children, teenagers and adults.

Problems may be apparent at birth or quickly after. Injuries occur frequently in toddlers, teenagers and adults. Gait disturbances are seen when children begin to walk (in-toe, out-toe & toe walkers). Arthritis may occur as we age. Through a comprehensive evaluation, a treatment approach is outlined to improve one's condition. While a conservative approach (medication, physical therapy, orthotics, braces) is always taken, surgery may be necessary when conservative treatment fails.

We have more than 60 years combined experience and have done more than 20,000 procedures on problems such as bunions, hammertoes, neuroma, heel spurs, tendon tears and fractures of the foot, ankle and leg, implants and arthroscopy.

We are specialists that provide the latest techniques in care of our patients. This includes shockwave therapy, injection of growth factors (PRP), laser treatment and radio frequency surgery. We are leaders in arthroscopic treatment in foot and ankle joint injuries. Collectively, we are able to help our patients with any simple or complex injury or deformity.



Carlo A. Messina, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Specializing in Sports Medicine, Lower Extremity Trauma
- Specializing in Deformities in Children and Adults
- Specializing in Complex Ankle Ligament Injuries



Michael M. Cohen, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Board Certified: American Board of Podiatric Medicine
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Complex Limb Salvage; Foot, Ankle and Leg Fracture Surgery
- Specializing in Total Ankle Replacements and Running Injuries



John D. Goodner, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Sports Medicine, Foot and Ankle Arthroscopy
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Adult and Pediatric Reconstructive Foot, Ankle and Leg Surgery
- Specializing in Adult and Pediatric Lower Extremity Trauma



Warren Windram, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Foot and Ankle Arthroscopy
- Specializing in Total Ankle Replacement
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults

STAY IN MOTION



Messina • Goodner • Cohen • Windram
Desimone • Moya • Bertot • Shenassa • Jones • Gonzalez

EPAT

Non-Invasive Treatment for Musculoskeletal Pain

INSURANCE

**MOST INSURANCES, PPO's AND MEDICARE ACCEPTED
Preferred Providers Below**

ADULT

Aetna (HMO, PPO, POS, EPO)
Avmed (HMO, PPO)
Better Health
Blue Cross/Blue Shield (HMO, PPO)
Cigna (HMO, PPO, POS)
GHI
Humana (PPO, POS, EPO)
Magellan
Medicare
Memorial (HMO, PPO)
Miccosukee
Multiplan
Network Blue (HMO, PPO)
Preferred Choice
Private Health Care System
Seminole Tribe
Tricare
United Health Care (HMO, PPO, POS)

PEDIATRIC

Better Health
Molina
Staywell
Sunshine State
Wellcare

WORKERS' COMPENSATION

AIG
Corvel
ESIS
FCCI
Gallagher Bassett
Hartford Ins - Specialty Risk
Liberty Mutual
Marriot
Publix Works Comp
Sedgwick
Travelers
US Department of Labor
Zenith Ins. Co.
Zurich American

Call us to see if we participate with your plan

Accepting Medicare
Accepting most HMO's and PPO's
Accepting Motor vehicle insurance
Accepting Workers Compensation
Second opinions and IME's
Outpatient and Inpatient surgery

Same day appointments
Emergency visits
Early morning appointments
Evening appointments
Letters of Protection, (LOP's)
Se habla Espanol

LOCATIONS

WESTON

1600 Town Center Blvd. • 954-389-5900

PEMBROKE PINES

17842 NW 2nd St. • 954-430-9901

PLANTATION

220 S.W. 84th Avenue, Suite 102 • 954-720-1530

www.SouthFloridaSportsMedicine.org

@SouthFloridaSportsMedicine @SFLSportsMed

EXTRACORPOREAL PULSE ACTIVATION TREATMENT **Don't Let Muscle & Tendon Pain Slow You Down**



EPAT® is a type of Shockwave therapy that delivers pulses of sound waves that cause “microtrauma” or microscopic injury to the soft tissue and bone it is treating. This trauma stimulates inflammation, which is critical to healing. It also helps to stimulate blood flow to the area. Damaged tissue begins to regenerate and eventually heal.

What is EPAT® useful for?

- Plantar Fasciitis
- Achilles Tendonitis
- Shin Splints
- Heel Spurs
- Painful Trigger Points
- Joint Inflammatory Conditions
- Tendonitis (Tendon Injury/Inflammation)

What are the expected results?

The beneficial effects of Extracorporeal Pulse Activation Treatment (EPAT®) are often experienced after only 3 treatments. Some patients report immediate pain relief after the treatment, although it can take up to four weeks for pain relief to begin. The procedure may eliminate pain and restore full mobility, thus improving your quality of life. Over 80% of patients treated report to be pain free and/or have significant pain reduction.

It is important to understand that not all injuries will respond to EPAT®. Some injuries are too advanced and other treatment methods may be necessary (including injections and surgery) for pain relief.

Is it safe?

Yes. This FDA cleared technology was developed in Europe and is currently used around the globe. A wealth of medical experience, state-of-the-art engineering and optimal quality have been built into each EPAT® device, and extensive clinical studies and tests have confirmed its safety and efficacy.

If performed by a qualified caregiver Extra corporeal Pulse Activation Treatment (EPAT®) has virtually no risks or side effects.

What is the duration of the treatment and how many treatments will I need?

Treatment sessions take approximately 5-10 minutes depending on the disorder to be treated. Generally, 3 treatment sessions are necessary at weekly intervals.

What will happen after the treatment/procedure?

You will receive post-treatment instructions from your physician to follow during your recovery.

What if I have a special health condition?

The safety and effectiveness of the EPAT® procedure has not been determined on people with the following health conditions. Your doctor will provide you with information about how these and other conditions might affect the determination to perform the EPAT® procedures.

- Malignancies
- DVT (Deep Vein Thrombosis)

How is the treatment performed?

Coupling gel is applied to the treatment area of interest to enhance effectiveness. After these preparations, EPAT® pressure waves are released via the applicator moved over the area of interest in a circular motion.

Why Consider Non-Invasive EPAT®?

EPAT® has a proven success rate that is equal to or greater than that of traditional treatment methods (including surgery) and without the risks, complications and lengthy recovery time. EPAT® is performed in our physicians office/clinic, does not require anesthesia, requires a minimal amount of time, patients can bear weight (i.e. walk) immediately, and return to normal activity within a few days of the procedure.

Benefits of Non-Invasive EPAT®

- Patients are immediately fully weight bearing.
- Bilateral patients can be treated at the same time.
- No incision. No risk of infection at the treatment site.
- No scar tissue formation.
- Patients are able to return to work/normal activities within 24-48 hours, resuming strenuous activities after 4 weeks.
- Patients evaluated for success at 12 weeks.
- Over 80% successful outcomes published Data-Long-term pain relief (Results retained).
- Non-invasive so biomechanics are not affected, and future treatment options are not limited.
- Cost Effective.
- Reduced cost from lost work.
- Fast, safe and effective.
- Does not require anesthesia.



What are the possible side effects/complications?

The non-invasive EPAT® treatment has virtually no risks or side effects. In some cases patients may experience some minor discomfort which may continue for a few days. It is normal to have some residual pain after intense exercise or a full-day of work.

Will my insurance cover EPAT® treatment?

In almost all cases, insurances will not cover EPAT®. The cost for 3-4 sessions is \$500

