

Family Foot & Ankle Care, P.C.

Dr. Alan J. Discont & Associates

Physicians & Surgeons of the Foot & Ankle

FOOT HEALTH CHECK-UP

- Y___ N___ My toenails are streaked, discolored and thickened. (May mean your nails are infected with fungus).
- Y___ N___ The sides of my toenails dig into the skin and hurt. (May mean ingrown nails which can easily cause infection).
- Y___ N___ I have a large bone bump behind my big toe (or little one) which is red after using shoes. (Probably a bunion or tailor's bunion, which is inflamed and enlarging).
- Y___ N___ I get numbness or a painful "cramp" in the ball of my foot and toes when wearing shoes. (A compressed nerve tumor called a "neuroma" is a common culprit).
- Y___ N___ My toes aren't straight—they are cocked-up, bent and hurt. I have corns on the toes which get thick no matter what size shoe I wear. (Probably "hammer toes" which can result from arthritis, short shoes, and other causes).
- Y___ N___ I have painful callouses on the ball of my foot which reoccur. (Often caused by a metatarsal bone displaced downward).
- Y___ N___ The bottom of my heel hurts. It's worse when I step out of bed in the morning or after sitting, when I begin to walk. (Often due to a pointed bone growth called a "heel spur" or pulling of the plantar tendon/ligament called plantar fasciitis).
- Y___ N___ I have cramps in my calves when I walk a distance. (May be due to poor arterial circulation to the leg and foot).
- Y___ N___ My ankles are swollen most of the time. (May be due to many systemic conditions and local foot problems).
- Y___ N___ My feet are always dry, scaly and sometimes itch. (Often due to a chronic form of athlete's foot which is a fungus infection).
- Y___ N___ My feet just hurt all over when I stand or walk. (The causes are many, ranging from flat feet to arthritis).
- Y___ N___ I have numbness, burning, infection, persistent pain, skin rash, or open sores. (Possibly due to diabetes or other metabolic/systemic conditions, any of which should receive immediate professional attention).

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