

DR. ASMA KHAN, MS DPM FACTAS

As a **PODIATRIST, FOOT AND ANKLE SPECIALIST, AND SURGEON**, Dr. Khan offers various services and therapies such as laser, cortisone, stem cell, and surgery to help patients maintain healthy feet. She aims to provide patients with quality care and the best available treatment options. She wants you to become an informed decision-maker who fully understands any foot health issues you might face.

APPOINTMENT: (727) 434-4468

OFFICE LOCATION: 4625 East Bay Drive, Suite 106, Clearwater, FL 33764



FOOT AND ANKLE PROBLEMS:

Arthritis: Pain, stiffness, and swelling in the toes, ankle, or foot.

Remedy: OTC pain relievers, physical therapy, shoes and inserts, and, in severe cases, surgery.

Rheumatoid Arthritis: an autoimmune disorder that causes chronic inflammation of the joints, including the ankle.

Remedy: Exercise, physical therapy, prescribed medications, shoes or inserts, and, in severe cases, surgery.

Osteoarthritis: A degenerative joint disease where the cartilage between the bones wears down, causing pain and stiffness.

Remedy: Prescription anti-inflammatory drugs, steroid shots, braces, physical therapy, and surgery in severe cases.

Plantar Fasciitis: Pain and stiffness in the bottom of the heel.

Remedy: Rest, ice, stretching exercises, supportive shoes, over-the-counter pain relievers, and orthodontics.

Bunion: Enlarged, painful bump near the base of the big toe.

Remedy: Wearing wider shoes, padding, ice, and, in severe cases, surgery.

Morton's Neuroma: Pain in the ball of the foot. It's more frequently seen in women, likely due to factors like wearing narrow-toed or high-heeled shoes.

Remedy: Wear shoes with a wide toe box, orthotic devices, and corticosteroid injections.

Corns & Calluses: Thick, hard skin areas.

Remedy: Soaking in warm water, using pumice stone, and wearing cushioning pads.

Toenail Fungus: Discolored, thickened, or crumbly nails.

Remedy: Antifungal creams, oral medications, and, in severe cases, nail removal.

Ingrown Toenail: Pain and infection near the toenail.

Remedy: Soak in warm water, keep the area clean, and, in severe cases, have the nail entirely or partially removed surgically.

Hammertoes: Bent joints of the toes.

Remedy: Wearing roomy shoes, doing toe exercises, and, in severe cases, having surgery.

Plantar Warts: Flat growths on the bottom of the feet.

Remedy: Over-the-counter treatments, cryotherapy, and in persistent cases, doctor's treatment.

Flat Feet: Losing arch height leads to pain and instability.

Remedy: Orthodontic, exercises, stretching exercises, supportive footwear, weight management.

Fat Pad Atrophy: Thinning of the cushioning fat pads in the soles.

Remedy: Orthodontics, cushion insole, and supportive footwear.

Gout: Painful swelling in the big toe caused by uric acid crystals.

Remedy: hydration, ice, rest and elevate, avoid alcohol and high purine food like red meat and shellfish, medication like NSAIDS, colchicine, corticosteroid, gout creams (ex: Voltaren), and drugs.

Bursitis: The bursa is a small, fluid-filled sac between bones and soft tissues. Inflammation of this sac causes pain, tenderness, swelling, warmth around the affected joint, limited movement, or stiffness.

Remedies: Rest, avoid activities that worsen the pain, apply ice packs and over-the-counter pain relievers like ibuprofen or aspirin, exercise to strengthen muscles and improve joint function, and corticosteroid injections to reduce inflammation. You can also use padding or braces to cushion the joint during activities.

Tendonitis: an inflammation of a tendon that causes pain and tenderness just outside a joint, often in the ankle.

Remedy: Rest, ice, compression, and elevation (RICE method). Over-the-counter pain medications and physical therapy can also help.

Sprained Ankle: A common injury where the ligaments that support the ankle stretch beyond their limits or tear.

Remedy: Follow the RICE method (Rest, Ice, Compression, Elevation). Rest your ankle, apply ice for 20 minutes, compress it with an elastic bandage, and elevate it above your heart.

Achilles Tendon Rupture: a complete or partial tear of the Achilles tendon, which connects the calf muscles to the heel bone.

Remedy: Surgery may be required, followed by physical therapy. Rest and immobilization are also important.

Fractures: breaks in one or more bones that make up the foot, which can result from trauma or overuse.

Remedy: Immobilization with a cast or splint, and sometimes, surgery. Physical therapy is often needed for recovery.

FOOT CARE:

- **Wear Proper Footwear:** Choose well-fitting shoes with good arch support and a comfortable toe box.
- **Hygiene:** Keep feet clean and dry to prevent infections. Change socks regularly and let shoes air out.
- **Moisturize:** Prevent dry, cracked skin by moisturizing your feet regularly.
- **Nail Care:** Trim toenails straight across to prevent ingrown toenails.
- **Regular Check-Ups:** Examine your feet regularly for any changes or issues.

GENERAL TIPS:

- **Maintain a Healthy Weight:** Reduces stress on your feet and ankles.
- **Stay Active:** Regular exercise keeps your muscles and joints strong and flexible.
- **Rest:** Avoid overuse and take breaks when needed to prevent injuries.