



EXPERTISE IS EVERYTHING FOR | Foot & Ankle

We are Leaders in Foot & Ankle Care

Foot and ankle injuries are among the more common orthopaedic injuries we treat. Injuries can happen anywhere – at work, at home or on the field. Whether it's a foot fracture, an ankle sprain or a need for braces or orthotics, we assess and properly treat all foot and ankle injuries – getting patients on their feet and back to living an active lifestyle.

At **UBMD Orthopaedics & Sports Medicine** our staff has expertise in the treatment of foot and ankle problems including:

- Ankle replacements
- Charcot foot reconstructions
- Chronic pain
- Disability evaluations
- Foot surgery
- Gait analysis
- Orthotics
- Pediatric and adolescent conditions
- Sports injuries
- Tendon repairs
- Trauma
- Walking and running biomechanics
- Workplace injuries/workers compensation

We Keep You Moving

Our team will help provide relief for foot and ankle injuries and ailments using the most sophisticated methods of treatment available.

Before you risk further injury, these helpful tips will have you enjoying a more active lifestyle with proper athletic foot care

- Wear only good-quality, well-fitting sport socks.
- Always use the correct shoe for each sport and surface.
- Footwear should be given the same consideration as other sporting equipment.
- Sports shoes should be protective, durable and right for the sport and surface.
- If running, shoes should have adequate midsole cushioning and a flared heel for stability.
- Get in shape – being overweight places added stress on the feet.
- Condition yourself gradually with “warm-up” and “warm-down.”

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