



## 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.”

## Foot and Ankle Surgery



Amherst | Buffalo | Depew | Niagara Falls | Orchard Park