

# Joint Pain Foot & Ankle

## Are You At Risk?

 **ORTHOPEDIC & SPINE  
INSTITUTE**  
AT AVENTURA HOSPITAL & MEDICAL CENTER



The foot is a sophisticated system with 26 bones and 55 joints. Diagnosing and treating foot problems requires a thorough background in the anatomy, physiology and biomechanics of the foot. Having tingling in your foot or limited flexibility in your ankle may be warning signs of biomechanical dysfunction.

*Read each question carefully. Circle "Yes" if you have any of the symptoms described. Circle "No" if you do not.*

Do you have pain in your ankle joint?	<b>Y</b> <b>N</b>
Do you frequently sprain or twist your ankle when simply walking?	<b>Y</b> <b>N</b>
Have you ever broken your ankle?	<b>Y</b> <b>N</b>
Do you have tingling in your foot?	<b>Y</b> <b>N</b>
Do you have limited flexibility in your ankle?	<b>Y</b> <b>N</b>
Do you have persistent swelling in your ankle and/or foot?	<b>Y</b> <b>N</b>

**Yes or No**

# Remember

We believe in doing what's best for your unique situation, and we think that rarely begins with surgery. Yet, once we've exhausted all options for treating your problem "biomechanically," we provide the same level of capability and experience with surgical solutions.

To find a physician that can properly diagnose and treat your foot/ankle dysfunction please call our FREE Consult a Nurse<sup>®</sup> and physician referral line at 800.616.1927.

*If you answered . . . YES* to any of the 6 survey questions, you should discuss your symptoms with your physician or an orthopedic specialist.

*If you answered . . . NO* to all of the 6 survey questions keep this survey to refer back to every 6-12 months.

## JointPain

If you are living with foot and/or ankle pain, it is important to get a correct diagnosis from a medical professional. Left untreated, many foot and ankle disorders lead to further problems. If you have a foot or ankle problem, you are not feeling the pain alone. Four out of every five Americans eventually suffer some sort of foot problem. These problems can eventually cause pain throughout the skeletal structure, and manifest themselves as pain in the knee, hip or back.

Our specially trained physician's clinical and surgical training allow them to diagnose foot and ankle problems and provide a treatment plan tailored to the specific needs of the individual.

- Twenty six of the body's 206 bones are located in each foot.
- Foot dysfunction can be acquired from , physical stress, small mechanical changes within the foot and undiagnosed microtrauma.
- Approximately 1 million ankle injuries occur each year, and 85 percent of them are sprains.

## QuickFacts



**ORTHOPEDIC & SPINE  
INSTITUTE**  
AT AVENTURA HOSPITAL & MEDICAL CENTER