Common Conditions in the Lower Extremity

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Attestation

- I have no financial interest in any product or services mentioned in this presentation.
When ordering films of the foot and/or ankle, films should be preformed weight bearing when ever possible.
X-rays

- Standard scout film views of the foot would be
  - AP
  - Lateral
  - Medial Oblique

- Standard scout film views of the ankle would be
  - AP
  - Medial Oblique
  - Lateral
Hyperkeratotic Lesions

- Intractable Plantar Keratosis
- Tyloma
- Porokeratosis
- Helome durae
- Helome molle
- Verrucae
Intractable Plantar Keratosis
IPK Treatment

Off-load the site of the lesion

1) Surgically reduce hammertoe
2) Surgically elevate or shorten the affected metatarsal
3) Achilles tendon lengthening
4) Orthotic device to accommodate the site

- Aperture created in OTC arch supports
- Topical salicylic acid applied to enucleated center
Tyloma
Porokeratosis
Porokeratosis Treatment

- Trephine to excise the lesion
- Sclerosing injections (ie 4% alcohol)
- Salicylic Acid applications
- Urea Cream applications (40%)
Helome Durae
Helome Durae Treatment

- Silipos digital pads
- Foam tube pads
- Crest Pads
- Salicylic Acid Pads (marked caution in duration of use)
- Surgical Reduction
  1) Arthroplasty
  2) Fusion of IPJ
  3) Tendon Transfer
Helome Molle
Helome Molle Treatment

- Interdigital spacers not effective in use of proximal lesions
- Wider shoes, minimally effective for distal lesions
- Toe Socks are effective for distal lesions, minimally effective for proximal lesions
- Surgery for distal lesions dependent on position of digit.
- Surgery for proximal lesions require derotation or syndactylism
- NEVER USE TOPICAL SALICYLIC ACID
Verrucae
Verrucae Treatment

- Epidermal layer to plantar foot is just a little too thick for Nitrogen use
- Topical Salicylic acid not particularly effective for plantar lesions
- Pyruvic Acid with flurouracil more effective but requires daily debridement
- Surgical curette
- Cantherone application
- Laser
Metatarsalgia

- Pain located to the plantar aspect of said metatarsal head
- Most commonly associated with the 2nd metatarsal
- Sensation of object rolling under ball of foot with the pain
- Pain with active plantarflexion of toe against resistance
- Pain often with dorsal Lachman test
- May note swelling to plantar aspect of the metatarsal head, often extending to dorsal aspect of digit base
Plantar Plate

Subcutaneous exposure

Medial plantar fascia

Lateral plantar fascia

Plantar aponeurosis

Tuberosity of calcaneus with overlying fat pad partially cut away
Interdigital Neuroma

- Pain to the plantar aspect of the forefoot
- Area of pain at location near distal metatarsal heads
- Not associated with swelling to forefoot, but may produce that sensation
- Often associated with sensation of a sock rolled up under ball of foot.
- Not often associated with pain with active/passive ROM of the digits
- Moulder Sign not indicative of a neuroma unless elicits same type of pain with the palpable click
3rd Interspace Neuroma
Neuroma
<table>
<thead>
<tr>
<th>Metatarsalgia</th>
<th>Neuroma</th>
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<tbody>
<tr>
<td>Swelling to the area of pain</td>
<td>No swelling to area of pain</td>
</tr>
<tr>
<td>Painful lump sensation</td>
<td>Vague location of site of pain</td>
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<tr>
<td>Pain usually from beginning of ambulation</td>
<td>Pain usually takes time to appear in ambulation</td>
</tr>
<tr>
<td>Pain with Lachman test in most cases</td>
<td>Moulder’s Sign without pain is not indicative of condition</td>
</tr>
<tr>
<td>Sensation of numbness may be caused by tissue swelling</td>
<td>May have sensation of numbness, not indicative of condition</td>
</tr>
</tbody>
</table>
Preferred OTC Arch Supports

- Sof Sole FIT Series
- Sof Sole Arch
- Powerstep Pinnacle
- Powerstep Pinnacle Maxx
- Sorbathane Ultra Sole
OTC Arch Supports
Peripheral Vascular Disease