

Non-surgical Foot & Ankle Service

Staffed by our podiatric surgeons the Non-surgical Foot and Ankle Service is dedicated to evaluating the majority of foot and ankle problems that often can be treated successfully without surgery. It is a unique service dedicated to providing non-surgical treatment for foot and ankle problems and is the very first in the greater Calgary area.

Sports-related injuries include heel and achilles pain, ankle sprains, shin splints, bunion pain, metatarsal pain, neuroma, sesamoid bone, stress fractures, overuse injuries, tendon problems, and all musculoskeletal injuries involving the foot and ankle.

The foot contains three main sections or functional units: the rearfoot, midfoot and forefoot. These three units work together to allow the foot to be flexible (such as accommodating an uneven surface) or to be fairly rigid (such as keeping the body upright as we go through the normal walking cycle).

Foot & ankle conditions are due to either:

- Structural
- Mechanical
- Overuse

Treatment Pathway

We believe in patient education as well as exhausting all conservative treatment options before recommending surgery. As a result, many patients are effectively treated with nonsurgical interventions, which may include weight loss, physical therapy, oral medication, and injections. If surgical intervention is required, we provide each patient and his or her immediate family with a full understanding of the procedure, risks, and complications, as well as thorough understanding of the postsurgical rehabilitation process.

