

## Advancements in Foot & Ankle Surgery *By Stephen Barrett, DPM*

Over the last two decades, significant advancements have been made in nearly every area of foot surgery. People who have put off a procedure because they felt it would be too painful or require too long a period of time off from work should now investigate treatment. The reason is that there have been substantial advances to the archaic, maximally invasive procedures that once required inpatient hospitalization, significant pain and a long period of non-weight bearing.

Patients should not have to go through long, lengthy and painful post operative periods in light of all the advancement that has been made with treatments featuring little tissue disruption. Recent years have brought huge changes in both diagnostic technology and minimally invasive treatment techniques that have little, if any, post-operative pain and allow immediate full weight bearing. Following is a list of just some of the areas in which minimally invasive or endoscopic treatments have become prevalent:

- Bunion deformity
- Morton's neuroma
- Peripheral neuropathy
- Hammertoe correction
- Ankle & heel pain

The key to better outcomes in foot and ankle conditions is the use of better technology. By training thousands of other surgeons and having continued involvement in an academic clinical practice, I am proud to have stayed abreast of the very latest developments in treatment and diagnosis and helped other practitioners along the way.

Without good foot function, all health is negatively affected. There is hope for every patient, regardless of how bad it is presently. This is also true for those who have had previously failed foot surgery and have been told there is nothing more that can be done for them. Fortunately, this is rarely the case. It is especially gratifying to help patients with chronic pain return to a functional and improved quality of life.

I am looking forward to helping patients at Thunderbird Internal Medicine and encourage anyone to schedule a visit to determine how we can improve your foot and ankle health.

### Hemorrhoid Clinics

To help our patients facing the discomfort of hemorrhoids, Thunderbird Internal Medicine offers regular Hemorrhoid Clinics at both our Thunderbird Road and Indian School Road locations. Board certified colorectal surgeons Dr. Ariel Forstner-Barthell and Dr. Elizabeth McConnell host the Wednesday afternoon clinics. Diagnosis and treatment are usually completed during the same visit. For more information or to schedule, please call 602-938-6960.

### Welcome Dr. Barrett!



Thunderbird Internal Medicine is proud to welcome Dr. Stephen Barrett to our practice at the Thunderbird Road location. A board certified foot and ankle surgeon, Dr. Barrett is internationally known for his expertise and has trained thousands of surgeons on his specialized techniques. He joins experienced podiatrist, Dr. John Tassone.



**Thunderbird Internal Medicine – Glendale**  
5620 W. Thunderbird Rd #C-1, #F-1 & #G-2  
Glendale, Arizona 85306

**Thunderbird Internal Medicine - Estrella**  
9150 W. Indian School Rd #118  
Phoenix, Arizona 85037