

Simple, fast procedure for severe heel pain

 **Loren J. Miller, DPM**

indicative of what Marcia suffered from: plantar fasciitis, or inflammation of the plantar fascia, which is the rigid ligament along the bottom of the foot,” explains Dr. Miller. “This condition can become severe, and over time it can become intolerable.

“We tried cortisone shots and stretching exercises, but they did not give Marcia significant long-term relief in her right foot.

“I had falling arches, and I’ve been wearing form-fitted inserts for my feet for about two years now,” says postal worker Marcia Fischer.

Unfortunately, Marcia’s orthotics weren’t working out too well. Heel pain even prevented her from keeping up with coaching her son’s soccer team.

“My right heel just kept hurting worse all the time,” she says. “I could hardly walk. When I went to put my weight on that foot, the pain shot through it so badly that I would almost fall down. In fact, I did fall a couple of times.

“It was horrible. I had to do something.”

Heel pain may worsen on weight-bearing activity and after prolonged sitting or resting; sometimes it will improve slightly, going from intense to duller pain. To see if she could find relief, Marcia decided to consult Loren J. Miller, DPM, for her problem.

“These symptoms are often



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Loren J. Miller, DPM, is certified in foot surgery by the American Board of Podiatric Surgery. He completed his undergraduate degree at Wayne State University, Detroit, and received his doctor of podiatric medicine degree from the Dr. William Scholl School of Podiatric Medicine, Chicago. Dr. Miller completed a postgraduate residency in medical and surgical treatment of foot and ankle disorders at Wayne General & Podiatric Hospital, Orrville, OH, and the Foot Clinic of Youngstown, OH. He has additional training in ankle arthroscopy, endoscopic foot surgery, and laser foot surgery. He is a fellow of the American College of Foot & Ankle Surgeons and a diplomate of the American Board of Podiatric Surgery. Dr. Miller is a member of the American, Florida, and Pinellas County Podiatric Medical Associations. He is affiliated with St. Anthony’s Hospital, Palms of Pasadena Hospital, Edward White Hospital, St. Petersburg General Hospital, Bayfront Medical Center, Columbia Northside Medical Center, St. Petersburg Surgery Center, and Belleair Surgi-Center.

Subsequently, to alleviate her pain Marcia underwent an endoscopic plantar fasciotomy procedure.”

Back to normal

Endoscopic plantar fasciotomy is a minimally invasive outpatient surgery performed under local anesthesia with mild sedation. The procedure only took a few minutes, and Marcia was able to walk again immediately afterward.

“We suggest that walking be limited to bathroom breaks for the first 72 hours,” adds Dr. Miller. “Within a week, most patients can anticipate a complete return to normal activities.”

Marcia says the procedure was the right solution for her.

“There’s no pain now whatsoever,” she assures, “and it’s wonderful. When I went back to see Dr. Miller I said, *Look: I’m dancing, I’m dancing!* I tell anybody I talk to that they should go to him.”

Marcia’s return to her busy

routine has been a smooth one — both professionally and personally.

“I sort parcels at the post office,” she says, “so I’m on my feet all day and do a lot of heavy lifting, and it’s fine. I can kick the ball in soccer practice again, too. It’s amazing.

“Dr. Miller is just wonderful. He knows his business, he explains it well, and he’s excellent in his work. I absolutely love him. And his staff is wonderful, too. Everyone was very nice. I won’t go to another foot doctor, that’s for sure.” **FHCN**—Michael J. Sabmo

Are you experiencing foot pain?

Dr. Miller welcomes the opportunity to answer your questions about foot health. For further information or to schedule an appointment, please call (727) 321-3100. His office is located at 4167 5th Ave. North, Suite B, in St. Petersburg.