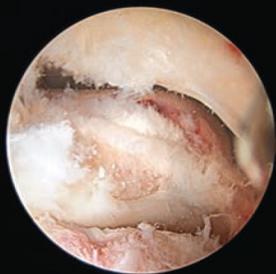




**Posterior Arthroscopy
Ganglion Cyst**



**Posterior Arthroscopy
Ganglion Cyst Removal**



**Os Trigonum Posterior
Arthroscopy PreOp**



**Os Trigonum Excision Posterior
Arthroscopy PostOp**



**Posterior Arthroscopy
Post Debridement**



Loose Body Ankle Joint



Carlo A. Messina, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Specializing in Sports Medicine, Lower Extremity Trauma
- Specializing in Deformities in Children and Adults
- Specializing in Complex Ankle Ligament Injuries



Michael M. Cohen, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Board Certified: American Board of Podiatric Medicine
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Complex Limb Salvage; Foot, Ankle and Leg Fracture Surgery
- Specializing in Total Ankle Replacements and Running Injuries



John D. Goodner, D.P.M.
Foot and Ankle Surgeon, Podiatrist

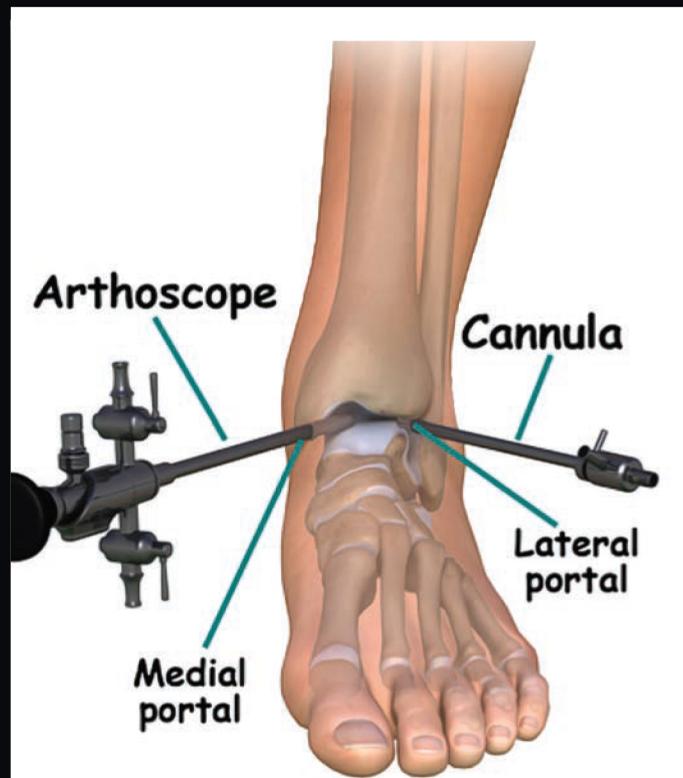
- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Sports Medicine, Foot and Ankle Arthroscopy
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Adult and Pediatric Reconstructive Foot, Ankle and Leg Surgery
- Specializing in Adult and Pediatric Lower Extremity Trauma



Warren Windram, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Foot and Ankle Arthroscopy
- Specializing in Total Ankle Replacement
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults

ARTHROSCOPY OF THE FOOT AND ANKLE



Messina • Goodner • Cohen • Windram
Desimone • Moya • Bertot • Shenassa • Jones • Gonzalez

Foot, Ankle & Leg Specialists of South Florida

INSURANCE

**MOST INSURANCES, PPO's AND MEDICARE ACCEPTED
Preferred Providers Below**

ADULT

Aetna (HMO, PPO, POS, EPO)
Avmed (HMO, PPO)
Better Health
Blue Cross/Blue Shield (HMO, PPO)
Cigna (HMO, PPO, POS)
GHI
Humana (PPO, POS, EPO)
Magellan
Medicare
Memorial (HMO, PPO)
Miccosukee
Multiplan
Network Blue (HMO, PPO)
Preferred Choice
Private Health Care System
Seminole Tribe
Tricare
United Health Care (HMO, PPO, POS)

PEDIATRIC

Better Health
Molina
Staywell
Sunshine State
Wellcare

WORKERS' COMPENSATION

AIG
Corvel
ESIS
FCCI
Gallagher Bassett
Hartford Ins - Specialty Risk
Liberty Mutual
Marriot
Publix Works Comp
Sedgwick
Travelers
US Department of Labor
Zenith Ins. Co.
Zurich American

Call us to see if we participate with your plan

Accepting Medicare
Accepting most HMO's and PPO's
Accepting Motor vehicle insurance
Accepting Workers Compensation
Second opinions and IME's
Outpatient and Inpatient surgery

Same day appointments
Emergency visits
Early morning appointments
Evening appointments
Letters of Protection, (LOP's)
Se habla Espanol

LOCATIONS

WESTON

1600 Town Center Blvd. • 954-389-5900

PEMBROKE PINES

17842 NW 2nd St. • 954-430-9901

PLANTATION

220 S.W. 84th Avenue, Suite 102 • 954-720-1530

www.SouthFloridaSportsMedicine.org

@SouthFloridaSportsMedicine @SFLSportsMed

South Florida Institute of Sports Medicine

Foot, Ankle & Leg Specialists of South Florida, Inc.

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www.SouthFloridaSportsMedicine.org

ARTHROSCOPY OF THE FOOT AND ANKLE ANTERIOR & POSTERIOR

By: Robert H. Sheinberg, D.P.M., D.A.B.P.S., F.A.C.F.A.S.

Foot And Ankle injuries are very common in sports or in general activities of daily living. Many structures including bone, ligament, cartilage and joint lining may be injured. Injuries may occur from a single traumatic event or from overuse. Injuries may occur during the teenage years that may manifest themselves later on.

Joints are designed to give our bodies freedom of movement. Wear and tear of a joint due to injury or due to aging may alter the lifestyle of an individual.

SYMPTOMS:

- Injuries may cause stiffness and pain in the foot or the ankle joints, especially after getting out of bed first thing in the morning to walk. This stiffness and pain will be present for a proportional period of time usually to the degree of joint injury. With weight bearing the joint usually loosens and the person is able to ambulate and even run. This stiffness and pain will redevelop if the person sits for a period of time and tries to get up and walk again.
- As the day goes on the foot or ankle may ache, especially with excessive weightbearing.
- Swelling may be present over the area that is injured.
- Instability may develop if the ligaments have been injured causing the foot or ankle to constantly twist.

TREATMENT:

- When these injuries are unresponsive to conservative treatment which may include orthotics, medication (oral or injection) or rehabilitation, Arthroscopic surgery may be necessary to remove the damaged tissue in the foot and ankle.

HOW IS IT DONE:

A miniature camera (1/8 to 1/6 inch) is placed into the injured joint allowing an image to be seen on a television screen. The joint is visualized and small instruments, including laser, are introduced into the joint to clean out and repair the damage. Fragments of bone and cartilage are often removed. Suctioning of debris and smoothing rough surfaces will often allow a joint to resume its normal gliding motion. If cartilage is torn, loose or lifted, it is removed and small holes are placed in the bone (MICROFRACTURE) to allow a regrowth of cartilage. Although not the original cartilage (hyaline) the resurfacing with fibrocartilage is beneficial. Biocartilage implantation may also be performed to transplant cadaver cartilage to act as scaffold for cartilage regrowth.

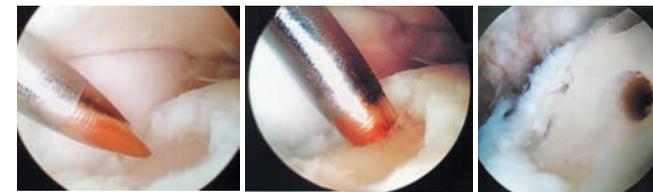
CONDITIONS TREATED:

1. Chronic Joint Pain And Swelling
2. Arthritis And Bone Spurs
3. Loose Bone And Cartilage Fragments
4. Stiff, Scarred Joints
5. Chronic Instability
6. Ankle Fractures that have not completely healed, causing persistent stiffness
7. Dancers Posterior Ankle Impingement "OS Trigonum" Syndrome
8. Chronic Synovitis

ADVANTAGES:

1. Minimally Invasive
2. Faster Recovery
3. Less Pain And Swelling
4. Avoids Large Incisions
5. Low Risk of Infection and Scarring
6. Outpatient Procedures
7. Quicker Return To Activity, Sports, Dance

When conservative treatments fail to alleviate the pain and deformity of a joint, arthroscopic surgery should be considered. The surgery is especially helpful for a fracture that has occurred to the ankle even after the ankle has been fixed surgically. The cartilage in the ankle joint may have been damaged during the injury causing chronic stiffness and pain that may be mild but never goes away completely. Patients often think that this is a very livable condition, however, once treated arthroscopically a full return to activity may be possible. It is always the best treatment for athletes and dancers.

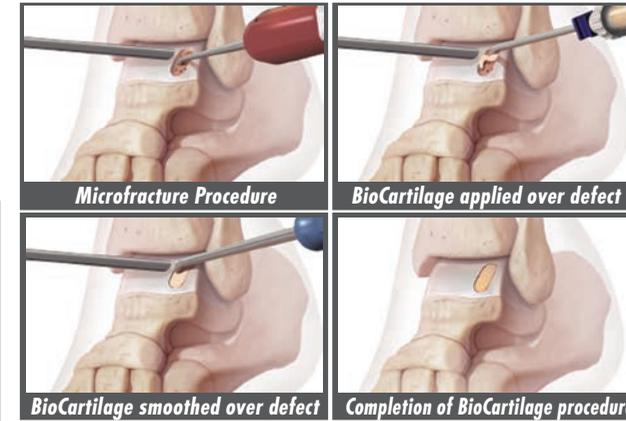


Micro-fracture of Osteochondral Defect of Talus



Debridement of Fibrous Band in Ankle Joint

BioCartilage Procedure in the Ankle



Intraop Biocartilage Transplant



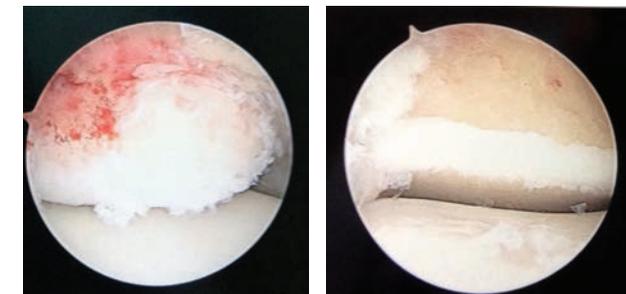
OCD Talus

Microfracture



Biocartilage Applied to Defect

Completion of Biocartilage



Tibia Spur PreOp

Tibia Spur Removal