



Foot and Ankle Physicians, P.A.

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Cryoanalgesia offers an effective treatment for Plantar Fasciitis, Morton's Neuroma, Tarsal tunnel Syndrome, some specific peripheral nerve entrapment conditions, and benign soft tissue tumors.

Cryoanalgesia is a treatment which specifically targets the destruction of nerve tissues using extreme cold to reduce pain levels & discomfort. The value of this treatment has been known for thousands of years and was first used by the early Egyptians. Later, Napoleon's soldiers in battle in the 18th century discovered that limb surgery could be undertaken with little or no pain - providing that the tissues were properly frozen!

More recently, cryoanalgesia techniques were developed in the 1960's and were reported to be superior to many of the established methods used for the treatment of peripheral nerve pain including: alcohol injections, the use of phenol or surgical intervention where cutting of the nerve, can lead to post-operative neuritis, neuralgia and the subsequent formation of scar tissue.

Cryoanalgesia is now being used successfully by many podiatrists throughout the country, to perform a number of standard treatments. Plantar Fasciitis and heel spur syndrome are the most common causes of heel pain, but typically 90% of patients who suffer from these conditions respond favorably to non-surgical intervention. For those patients that do not respond well to routine physical therapy or conservative treatments such as stretching, padding, taping, orthotic devices, anti-inflammatory medication or multiple steroid injections (into the heel) - cryoanalgesia can now provide a highly effective treatment.

Morton's Neuroma is also a very common painful condition and is often described as a "pinched nerve" or nerve entrapment condition. These are frequently found between the third and fourth toes and bring a "burning pain" to the foot, or tingling and

numbness to the toes. The neuroma itself is a benign growth of nerve tissue and can be treated with padding, taping, custom orthotics, or injection therapy.

However where these fail, elective surgery can be used, but often with less than satisfactory results and the possibility of long term complications and the prospect of further corrective surgery. Cryoanalgesia is now considered as an effective, minimally invasive treatment for both of these common conditions (and others) and offers the benefit of a fast procedure with long term pain relief and typically a very short post-operative recovery.

Cryoanalgesia:

The procedure involves the application of extreme cold to specific tissues in the foot and ankle and is usually targeted at large sensory nerves and surrounding tissues. It works like a nerve conduction block giving an effect similar to that of a local anesthetic - but with the added benefit of long term pain relief, without the need for multiple treatments, shock wave or other more invasive surgical procedures. Components of the sensory nerves are frozen during the procedure which act to relieve pain and help reduce inflammation. For further information or advice on this procedure please consult with your doctor.

The Procedure:

Cryoanalgesia or cryosurgery is a straight forward minimally invasive procedure that can be carried out in the doctor's office in 15 minutes, using a local anesthetic. The cryoprobe is introduced into the foot with little or no discomfort and the tissue is frozen for 3 minutes, thawed and then the process is repeated. Once the simple procedure has been completed the probe is then removed, there is usually little or no bleeding, and no need to suture as the puncture site is very small; a topical antibiotic is applied followed by a small sterile dressing. Following the procedure there are no restrictions when walking, only minimal post-operative discomfort and a requirement for a level of reduced activity for a period of 24 to 48 hours.

<http://www.cryotech-int.com>

The procedure is clinically proven and is safe, effective and repeatable. It is also covered by most insurance plans, but do please check for exclusions or limitations.