

# SRO FOOT & ANKLE CENTER

SUMMER 2019

Your First Step Towards Quality Foot and Ankle Care



Mark E. Schakel, M.D.

Dr. Mark Schakel is a board certified orthopaedic surgeon specializing in problems of the foot and ankle and other orthopaedic and sports medicine injuries. Dr. Schakel served his surgical internship and residency training at the University of Florida College of Medicine. He received his fellowship training from Dr. Roger Mann, a world-renowned orthopaedic foot and ankle surgeon.

As an orthopaedic Surgeon and Director of The Foot & Ankle Program at SRO, Dr. Schakel treats problems of the foot and ankle. He is one of only a few fellowship trained orthopaedic foot and ankle surgeons in Sonoma, Mendocino Lake, and Humboldt counties.

He is the director of Santa Rosa Memorial Hospital's Foot and Ankle Trauma Service. He has extensive experience in treating problems of the foot and ankle, including reconstructive, traumatic, sports-related, and congenital problems. He has treated patients of all ages, walks of life and activity levels, including high school and college athletes.

For a consultation, please call 707-546-1922 (option #1) and request an appointment with Dr. Schakel.



## Arthritis of the Foot and Ankle

*The major types of arthritis that affect the foot and ankle are osteoarthritis, rheumatoid arthritis, and posttraumatic arthritis.*

Arthritis is inflammation of the joints. It can cause pain and stiffness and is common in the small joints of the foot and ankle. Three bones make up the ankle joint, primarily enabling up and down movement. There are 28 bones in the foot, and more than 30 joints that allow for a wide range of movement.

Altogether there are more than 100 forms of arthritis, many of which affect the foot and ankle. Any form of arthritis can make it difficult to walk and perform normal activities.

There is no cure for arthritis but there are a number of treatments that may help relieve the pain and disability it can cause.

Initial treatment of arthritis of the foot and ankle is usually nonsurgical. Some changes in your daily life can help relieve the pain of arthritis and slow the progression of the disease including: **Minimizing activity, choosing low impact activities, weight loss, physical therapy and assistive devices.**

Pain resulting in disability that is not relieved with nonsurgical treatment may require surgery. These surgeries can include;

**Arthroscopic debridement.** This surgery may be helpful in the early stages of arthritis. Debridement (cleansing) is a procedure to remove loose cartilage, inflamed synovial tissue, and bone spurs from around the joint.

**Arthrodesis (fusion).** Arthrodesis fuses the bones of the joint completely, making one continuous bone out of two or more bones. The goal of the procedure is to reduce pain by eliminating motion in the arthritic joint.

**Total ankle replacement (arthroplasty).** In total ankle replacement, your doctor removes the damaged cartilage and bone, and then positions new metal or plastic joint surfaces to restore the function of the joint.

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# Patient Experiences: Bunions No More

Mimosa “Mimi” Harris is a 35-year-old resident of Santa Rosa who enjoys walking and running to stay healthy. Early in 2014, Mimosa went to see a doctor about a sharpening pain in her right foot. The doctor determined that Mimosa had developed a bunion, a common abnormal bone growth that can be caused by genetic factors and from wearing tight shoes overtime. The pain in her foot worsened until Mimosa could no longer wear a shoe without feeling unbearable discomfort.

When her doctor recommended surgery to correct the bunion, Mimosa was shocked that something like this could happen to her at such a young age. She feared that the pain in her foot would never fully subside after surgery, or that the surgery would leave her with noticeable scarring. She read some frightening stories online from people who had had various types of foot surgery, fueling her anxiety even further. Confronting her fears head on, Mimosa began conducting research on foot surgeons in the area. She chose Dr. Mark Schakel at Santa Rosa Orthopaedics to perform the surgery, and she couldn’t have hoped for better results.

*“Just reading about Dr. Schakel’s stellar reputation online went a long way to quieting my fears about foot surgery. I had two appointments with him before the surgery, and his office staff was very accommodating, ensuring my appointments would fit my schedule. Dr. Schakel was warm and caring, listening to my questions and providing well-communicated, detailed answers. I got to choose when to have the surgery, and I picked the holidays so I would have ample time to recover.”*

*“With Dr. Schakel as my surgeon, foot surgery didn’t feel like that big of a deal. The surgery went flawlessly. I can comfortably wear shoes and take long walks. I experienced hardly any pain immediately after my surgery and during my recovery, and not even my doctor can believe how small my scar is! I keep telling people that Dr. Schakel could be a plastic surgeon.”*

Dr. Schakel has shown Mimosa Harris what thousands of other patients have discovered over the years: Santa Rosa Orthopaedics physicians care and pride themselves on getting you back to the activities you love.



## Tight Shoes and Foot Problems

Fashionable shoes may look good, but not all shoes fit properly. As a result, many adults are wearing shoes that are not appropriate for their foot shape and size. Shoes that are too small put the wearer at risk for corns, bunions, and other deformities that may require surgery to correct. Some common toe deformities include;

the foot is in a tight shoe, it will rub up against the shoe surface and cause pain. In addition, the muscles that attach to the toes will continue to weaken if the foot stays in this abnormal position.

### We treat problems of the musculoskeletal system including:

- Diagnosis of injury or disorder
- Treatment with medication, exercise, casting, surgery or other options
- Rehabilitation including exercises or physical therapy to restore movement, strength and function
- Prevention with information and treatment plans to prevent injury and/or slow the progression of disease.

### Bunion

A bunion is an enlargement of bone or tissue around the joint at the base of the big toe. As the bunion grows, the big toe may turn in toward the second toe and cause swelling and pain with shoe wear.

### Corn

A corn is a type of callus that develops when tight shoes put constant pressure on the skin. Wearing shoes that fit properly and have a roomy toe area will reduce the risk of developing corns.

### Hammer Toe

Hammer toes occur when the toe starts to curl up instead of lying flat. The middle toe joint will bend up and when

### Ingrown Toenail

An ingrown toenail usually occurs in the big toe when the nail is cut short near the tip of the toe. This injury may be aggravated by shoes that are too tight in the toe box, causing the first toe to be pressed against the second toe, and resulting in abnormal pressure on the nail. The constant pressure results in inflammation and nail pain.

### Diabetic Foot

People with diabetes often suffer from nerve damage (peripheral neuropathy) in the foot and are not able to feel skin irritations, or even punctures. If a shoe is too tight on the foot, it may result in blisters or sores that can quickly progress to serious infections.

Diabetics are encouraged to check their feet daily for pressure areas, redness, blisters, sores, scratches, and nail problems.

CALL FOR AN APPOINTMENT  
707-546-1922