

## BVFC Glossary Terms

**ABPS** - The American Board of Physician Specialties. Our doctors are ABPS certified.

**Abscess** - Infection in the sensitive areas within the foot. Abscess is caused from a collaboration of pus which causes inflammation and swelling.

**Achilles Tendon Rupture** - Occurs when the achilles tendon (the cord on the back end of the heel) breaks due to age, sports, negligence, etc.

**\*\*\*\*ACR Certified Vascular Lab -**

**Adhesion** - Medical term that refers to the attachment of two formations that usually are not attached.

**Amputation** - Accident, injury or trauma that causes one to lose a body part. Can also be a side effect from poor circulation, diabetes or infection.

**Ankle Sprains and Sports Injuries** - Occurs when the ankle is rolled, turned or twisted in an abnormal manner, breaking or tearing the tissue/ligaments that hold the ankle's bones together. Usually you does not need to seek medical attention for a sprained ankle, however if it continues to hurt after a few weeks, then visit your doctor.

**Ankylosis** - Forming a bone or fusing together a joint.

**Antifungal Nail Polish** - Nail polish that aids in fighting against nail fungus because it is free from chemicals that are harmful. BVFC sells DaniPro, which is a chip-resistant anti-fungal nail polish that comes in several colors.

**Arch Support** - Support that is used on the bottoms of the shoe's arch that relieves the muscle strain and relieves pain when standing, walking, running, etc.

**Arthritis** - Meaning inflammation of the joints. Arthritis is a painful condition that is caused by the tearing of the joint's cartilage (osteoarthritis, poor-quality shoes, trauma, injury and/or age). With today's medicine, arthritis is treatable but not curable.

**Atrophy** - The degeneration or "wasting away" of body tissue, generally as a result from a disease.

**Basement Membrane** - Thin membrane that attaches the layers of skin tissue to the body.

**Bilateral** - Refers to both the right and left side of the body; something that affects both sides of a patient's body.

**Black Toenail** - Caused by nail trauma where it turns black from fungus, a bruise, too-tight shoes or cutting a nail too short.

**Blood Clot or Deep Vein Thrombophlebitis (DVT)** - DVT is a type of blood clot that is in the leg. It's a very serious condition since it can possibly transfer to the lungs and cause trauma and/or death. Additionally, it may cause permanent trauma to the leg (Post Phlebitic Syndrome).

**Broken Bones** - The foot's bones can be broken from falls, stress, injuries, crashes or overuse. One must treat the broken foot by using the RICE method (rest, ice, compress, elevate). If after a few weeks it does not heal, one may need surgery.

**Bruise** - Occurs when blood vessels rupture inside of the sensitive body structures and appear blue, purple or dark red. They can appear anywhere on the body.

**Bunion** - Medical condition where the toe is tilted away from the middle line of the body and is usually indicated by a red swollen bump that may be painful. The main cause of a bunion is from wearing ill-fitting/tight shoes or shoes that constrict the toes (high heels) for a long amount of time. Also known as Hallux Valgus. If bunions are mild, they can often be treated by wearing wider shoes or by placing padding in your shoe. However, if the problem is severe, or if you are diabetic, you can schedule a simple, one-hour outpatient procedure that can have you back into your shoes within three to six weeks. You'll be able to walk immediately, but will have to wear a special shoe for several weeks.

**Calcification** - Occurs when the tissue hardens or suddenly becomes inflexible.

**Chiropodist** - Another name for a podiatrist (foot doctor).

**Complex Regional Pain Syndrome** - Chronic pain on a certain area of the body, typically the legs, arms, hands or feet. CRPS is caused from damage to the central or peripheral nervous system.

**Contusion** - An injury involving the skin but does not tear it.

**Corns/Calluses** - Corns and calluses are among the most commonly treated foot conditions. Corns are the thickening of the skin on its outer layer around the toe's tops, where calluses are similar condition but on the bottom of the feet. These conditions are caused from pressure and can be painful. Can be removed with over the counters or prescriptions.

**Cosmetic Foot Surgery** - A surgical process that alters the size or appearance of the foot/feet, for example, to make the foot slimmer or smaller.

**Cryosurgery** - Process of using very cold temperatures during surgery in order to eliminate tissue that is diseased or unnatural. It's used to cure a variety of disorders and diseases and can be used for neuromas, Plantar Fasciitis and soft tissue tumors.

**Dermis** - The thick connective skin tissue located directly below the epidermis.

**Diabetes** - In regards to a patient's feet, diabetes is the most traumatic disease to patients. Diabetes has two types (1 and 2). Type 1 diabetes typically stems from juvenile diabetes, which is usually hereditary. Type 2 diabetes ("adult diabetes") stems from high levels of blood sugar caused from poor diet or being overweight.

**Diabetic Nail Care and Exams** - Because of reduced blood flow or nerve damage in the feet, individuals with diabetes are prone to many complications, including foot infections. If left untreated, these infections—some of which begin as just cuts or blisters—could lead to potentially serious consequences, including foot, toe, or even leg amputation.

**Digit** - A toe or finger.

**Dr. Scholl** - Footcare and footwear company.

**Dry Cracked Heels** - Foot condition in which the bottom half of the heel is thickened and/or cracked. For most, this is only a cosmetic issue, however, if the dryness continues for long periods of time, it can lead to more serious medical problems.

**Edema** - A condition in which an abnormal amount of fluid collects in cavities or body tissues.

**Endoscopic Surgery** - Cosmetic tool used to examine a closed space on the body. During endoscopic surgery in the foot. It typically is used to treat the plantar fascia.

**ESWT** - Extracorporeal Shock Wave Therapy is a non-surgical, non-invasive method to help treat a variety of problems and conditions using shock waves. Generally used for Plantar Fasciitis and heel aches/pains.

**Exostosis** - A benign growth of the bone in an outward direction, away from the bone's surface.

**Flat Feet** - Usually not an issue, however some people with flat feet or highly arched feet can experience severe pain in the lower back, knee or ankle, and may need treatment.

**Foot** - A lower extremity of the leg and ankle, on which a person walks.

**Foot Pain** - The feeling of discomfort in the foot caused from injury, disorders or trauma to any area of the foot including blood vessels, connective tissues, nerves, bones and muscles. Causes vary but include sprains and breaks to the bones, ligaments, tissues or tendons, arthritis, diabetes, spurs, plantar fasciitis, infections, etc.

**Foot Tumors and Ganglion Cysts** - A cavity filled with a jelly-like substance that emits from the tendon, fascial planes, joints or bones. Often times, osteoporosis occurs when the foot tumor is present. Surgical removal is necessary.

**Foot Ulcers** - Broken down skin on the bottom (plantar) region of the foot. Foot ulcers can be caused from diabetes (most commonly) but also a vascular insufficiency. These can lead to loss limbs.

**Foreign Bodies** - An object inside the body that is not generally supposed to be present.

**Fracture** - Break in the bone. Either a stress fracture (result from repeated micro trauma) or traumatic fracture (result of an injury).

**Fungal Infection** - An inflammatory condition caused by a fungal infection. Most often seen in older adults or immunodeficient people. May become life threatening if action is not taken. Examples of fungal infections include candidiasis, histoplasmosis, aspergillosis, blastomycosis, etc.

**Fungi** - Group of plants (for example, mushrooms, mold or yeast) that live on decaying substances.

**Fungus Nail** - Can be deformed or thickened, and usually painful toenails that stem from a fungal infection. The fungus initially infects the nail, then causes decay, and finally creates a thick nail.

**Gout** - Typically derived from genetics, Gout, also known as Hyperuricemia, is a type of arthritis. It's caused from diuretics, increase intakes of purine and/or elevated weight loss. Side effects include mild to intense pain of a joint.

**Haglund's Deformity** - Condition on the back of the heel, where the achilles tendon meets the heel; generally causes discomfort and pain.

**Hallux Varus** - More commonly known as a bunion, hallux varus is a deformity which occurs when one's big toe drifts away from the other toes.

**Hammertoe** - A hammertoe is an arched middle toe, with the toe pointed downward and the joint in the air. It's the result of an abnormal contraction or "buckling" that leaves the toe in a claw-like position. Once stiffened into position, hammertoes rub against shoes and cause painful corns and calluses on the affected toe or toes. Sometimes, hammertoes can be treated using home remedies, like using corn pads or wearing wider shoes that allow your toes extra room. However, if the damage becomes severe, hammertoes can be fixed with a simple, minimally invasive, 15-minute office procedure. The toe's contracted tendons are reduced, the toe is straightened, and an artificial joint may be used to stabilize the toe.

**Heel** - Portion of the back of the foot.

**Heel Pain** - Condition in which the back or under-area of the heel is painful. See plantar fasciitis.

**Heel Spur, aka Plantar Fasciitis** - Plantar Fasciitis, also called a heel spur, causes pain, irritation, and inflammation across the bottom of the foot. The plantar fascia, a ligament that runs from the heel of your foot to the ball, connects your heel bone to your toes. When this ligament becomes strained, it can result in chronic pain.

**Home Remedy** - Treatment, medicine or remedy created with no scientific support that supposedly cures pain, illness or a minor problem.

**Hyperhidrosis** - Condition in which one excessively sweats in or around the feet. Patients with anemia or hyperthyroidism usually experience hyperhidrosis. If this becomes a problem and a patient is uncomfortable, there are several treatment options available including antiperspirants, oral medications, Botox and surgery.

**In Office Diagnostic Ultrasound** - Process that uses high frequency sound waves to create structural images of the body's interior. The images give beneficial data needed for diagnostics and treatments for an array of conditions.

**Infected Toenail** - Chronic condition where the edge of the toenail (typically the big toe) grows into the skin. Symptoms include redness, pain, swelling, itchiness and infection.

**Ingrown Nails or Fungal Nails** - Foot condition where the nail(s) are cutting into the skin. Ingrown toenails are painful and can lead to infection. The nail becomes ingrown when the corners of the nail grow into the toe's skin. Side effects include redness, swelling, irritation, uncomfortable warmth sensations, pain and infection.

**Laser** - Acronym for the Light Amplification by the Stimulated Emission of Radiation.

**Laser Treatment**- Treatment that involves extremely high heated, targeted light beams to remove tissue in a non-invasive procedure to remove lesions.

**Lesion** - Damage to an area of the body that causes discomfort and pain, either acute or chronic. Acute lesions last a short amount of time and are characterized by swelling, pain, heat and reddening. Chronic lesions occur more often but less accessible.

**Malignant Melanoma** - The most dangerous and concerning type of skin cancer. Melanoma numbers are increasing, especially in women under 40. Typically found on the legs and back.

**Metatarsal Problems/IPK** - Metatarsal problems occur when one wears shoes that lack support and the proper padding, or are too tight and narrow which causes pain when walking and running. IPK occurs when severe calluses on the bottom of the foot develop.

**Navicular Disease** - A boat shaped bone on the wrist or ankle.

**Neuroma** - Also known as a nerve tumor or pinched nerve. Swollen, irritated nerve as a result of pressure or injury, located in the ball of the foot. Symptoms include pain when walking (in the foot), swelling, numbness, tingling and sharp toe pain. One should see a doctor immediately if experiencing these symptoms.

**Non-Union** - After a surgery, when the bone fails to come back together due to walking on the foot too quickly.

**NSAID** - Acronym for non-steroidal anti-inflammatory drug. These treat the immune system without the use of steroids, but instead, using aspirin.

**Onychomycosis** - Fungal nail disease in the bed or plate of the nail.

**Orthopedic** - Area of medicine that aims at preventing or correcting issues with muscles and bones, particularly the spine and joints.

**Orthotics** - Branch of medicine that concentrates on the use of artificial tools and devices, including braces, splints, etc. for weak joints.

**Orthotics** - Tools used to treat abnormal functions of the feet. When one or both feet are not properly functioning, one will experience mild to severe pain. Orthotics can relieve this pain by aiding the ligaments and bones to control the foot's function (walking, running, etc.).  
**Orthotics and Arch Supports** - When considering an orthotic device, one should be evaluated by a podiatrist. A thorough biomechanical exam evaluates your specific gait pattern and joint motion involving your lower extremities, your foot type, muscle strength, age, activity level, and shoe gear will also be evaluated in order to properly prescribe your foot orthotics. Orthotics come in Rigid, Semi-Rigid and Soft/Flexible.

**Osteomyelitis** - Bone infection which requires several weeks or months of intravenous treatments, and possibly antibiotics or surgery.

**Plantar** - Refers to the sole of the foot.

**Plantar Warts** - Plantar warts, also known as Verruca Plantaris, are small growths on the foot that develop after the skin is affected by a virus. They are a common viral skin infection generally located on the bottom side of your foot, also known as the planter, from which they are names. Plantar warts occur most commonly in children, adolescents, and the elderly, and with

statistics cite that approximately seven to ten percent of people suffer from plantar warts or a similar condition.

**Platelet Rich Plasma Therapy** - Active people along with athletes who experience tendon injuries or pains, or osteoarthritis qualify for platelet rich plasma therapy, which is a non-invasive, non-surgical procedure that uses the person's own blood to fix the tendon. Can be used for heel pain.

**Podiatrist** - Area of medicine focusing on diagnosis, treatment and prevention of issues with the feet and ankles.

**Power Step** - Top quality orthotic insoles that support and cushion the foot to relieve pain.

**Psoriasis** - Common chronic skin disease that causes irritating itching and redness (heavy, red flaky skin and/or white patches).

**Realignment of Distal Phalanx** - Refers to the process of realigning the surface of the plantar with average weight.

**Reflex Sympathetic Dystrophy** - Chronic condition which occurs when the nerves in the arm or leg becomes numb, swollen or tender. RSD can occur after a small injury in the ankle, foot or leg. Aggressive treatment is necessary for complete recovery.

**RF (Radiofrequency Treatments)** - Procedure using injections to treat joint pain due to arthritis, injury or trauma.

**RICE** - Rest, ice, compression, elevate. Should be used to help treat fractures or broken bones.

**Sesamoiditis** - The inflammation of sesamoid bones that alters the front of the foot, usually in young adults who are active. Symptoms include pain or bruising in the ball of the foot.

**Shin Splints** - Technically, shin splints are the tearing of the anterior tibial muscle away from the bone. Pain occurs in the knee and leg, along the shin bone that happens when one overuses or overextends themselves.

**Shoe Insert** - Non-prescription support for feet that are placed inside of the shoes. There are prepackaged and custom made shoe inserts, depending on the patients needs.

**Sole** - The bottom of the foot.

**Spider Vein Treatment** - Spider veins, usually a precursor to varicose veins, are thin red and blue lines that can show up anywhere. They are veins, usually located on the legs and ankles, that have become enlarged, twisted, and swollen. When the valves in your veins become weak, blood can pool in your legs, causing pressure and red, blue, or purple lines throughout your

legs. If they are left untreated, they can become a serious medical condition. Our lasers can treat your spider veins.

**Stress Fractures** - A small crack in the bone that occurs as a result of overusing or overextending the region with activity. The most common symptom is pain and swelling that can be relieved with resting the region. If rest alone does not cure the stress fracture, a doctor can prescribe footwear, calcium or Vitamin D supplements.

**Sweaty Feet** - See hyperhidrosis.

**Synovial Sarcoma** - A tumor filled with soft tissue that surrounds a joint. They are generally slow to grow and very painful. Typically found in young adults, synovial sarcoma occurs typically in the knees. It can be misdiagnosed as plantar fasciitis.

**Tarsal Tunnel Syndrome** - Condition that affects the inside of the ankle, when the Posterior Tibial nerve becomes inflamed for pronation or arthritic issues such as trauma, obesity or rheumatoid arthritis.

**Tendonitis** - The swelling, inflammation or irritation of a tendon, most commonly occurs from strain or overuse, but can also be rheumatic disease.

**The Rebuilder for Neuropathy** - Made for home use, the rebuilder for neuropathy is a 30-min. safe treatment (FDA approved) that one can conduct on themselves. Used to electronically measure how the peripheral nerves are functioning and relieve pain.

**Toenail Fungus** - Condition in which the nail develops a yellow-white spot under the tip of the toenail, eventually causing major discoloration of the nail and ultimately causing it to thicken and decompose.

**Varicose Vein** - Varicose veins are very common, in fact, as many as 60 percent of people have them once they reach a certain age. They are veins, usually located on the legs and ankles, that have become enlarged, twisted, and swollen. Varicose veins are usually darker, purple-blue lines found on the legs. When the valves in your veins become weak, blood can pool in your legs, causing pressure and red, blue, or purple lines throughout your legs.

**Wrong Side Surgery** - Surgery that is conducted in the wrong area of the body. When this happens, although rare, the effects can be traumatic.

**X-rays** - A digital image of the electromagnetic wave that passes through different materials and different degrees of light.



