



Pedorthic Program



The Foot & Ankle Center
Located on the Campus of Johnston-Willis Hospital

Dr. Mitchell R. Waskin • Dr. Jeffrey P. Frost

Custom Shoe and Orthotic Solutions

You don't have to look far these days to find an assortment of therapeutic shoe stores, orthotic and prosthetic centers, physical therapy clinics, and even drug stores and kiosks selling medical-grade shoes and insoles. But there is no substitute for a professional, custom fitting, especially for patients who have foot



injuries, deformities, difficult-to-fit feet or a medical condition such as diabetes.

At The Foot & Ankle Center, we offer the expert care of a highly trained, certified pedorthist (footwear specialist) working together with a board certified podiatrist to meet the individual foot care needs of our patients. Our pedorthist is an expert on shoe material, construction and modification, and also has expertise on the fabrication of foot orthotics, accommodative shoe insoles, foot prosthetics and custom braces that improve foot function.

The orthotics we offer are high quality, medical-grade products that can typically be used for 10 years or more.



We stand behind these devices, and will modify them as needed to make sure they fit exactly as prescribed, and that they are helping to improve the patient's foot problem.

When Patients Should See Our Pedorthist

Disease

Diabetics are at high risk for developing a foot ulceration or infection, which may become severe enough to result in amputation. In fact, about one quarter of diabetics will develop disease-related foot problems. Protecting their feet is critical! Properly fitted and correctly constructed shoes and insoles are a diabetic's most important line of defense.

Patients with arthritis, post-polio syndrome or neuromuscular disease may also require special footwear and the expertise of a pedorthist.

Deformity

It can be challenging to find shoes that fit patients with bunions, hammertoes, clubfoot or other developmental or congenital deformities. A pedorthist uses shoe modifications, orthotics and braces to correct biomechanical defects, improve foot function and improve comfort and mobility.

Amputation stump pain or irritation can be treated with the use of customized extra-depth shoes. Our pedorthist will fabricate a custom shoe insole with a filler for the missing portion of the foot.

Overuse Injuries

Athletes who participate in high-impact sports, such as running, are often sidelined with injuries that may be improved with specialized shoes and insoles. Other conditions can also create overuse problems that customized shoes and insoles might help.

Difficult-to-fit Feet

Many people have feet that are hard to fit for shoes, such as a wide forefoot but a narrow heel, or their feet may be different sizes. Our pedorthist can modify an individual's shoes for a better fit.

Diabetic Shoes

Patients with diabetes are at high risk for skin breakdown, foot ulceration and infection. Properly fitted shoes can help avert these problems, or prevent existing foot conditions from worsening. The right shoes also provide essential support and reduces the chance of amputation and other foot problems.



At the Foot & Ankle Center, our experienced podiatrist will carefully evaluate and measure the patient's feet for properly fitting shoes. We offer therapeutic shoes from major manufacturers, such as New Balance, Hush Puppies and Rockport. They are available in a

variety of widths and can accommodate a custom insert, if needed. If a patient has a significant foot deformity, we'll make a mold of his foot and create custom shoes.

The Foot & Ankle Center participates in the Medicare Therapeutic Shoe Program, which provides low- or no-cost shoes to patients who meet the program's criteria. We also work with all the major health insurance companies in this area to obtain diabetic shoe coverage benefits.

Foot Orthotics

Orthotics treat foot and ankle abnormalities caused by injury, disease (such as diabetes), foot deformities, biomechanical imbalances and common foot ailments. Functional orthotics are constructed of rigid materials, which provide support and correct functional deficiencies.

When the goal is to minimize stress and eliminate pressure areas, we fabricate accommodative orthotics. This type of device is made from more shock absorbing materials.



Either way, the patient will be more comfortable.

At the Foot & Ankle Center, our podiatrists and pedorthist assess each patient's symptoms. We then make a mold of the patient's foot, from which a custom orthotic will be fabricated.

Foot and Ankle Braces

Custom braces provide a non-surgical treatment option for patients who suffer from a variety of painful foot and ankle disorders. Some of the common disorders we treat with bracing include chronic posterior tibial tendonitis, tarsal tunnel syndrome and arthritis of the ankle and foot. Braces, which are worn with shoes, increase mobility and improve patients' quality of life.

The Foot & Ankle Center only uses the highest-quality braces and our pedorthist will ensure the patient's brace is comfortable and fits correctly. She will also provide patients with instructions for proper wear and care of the brace.



Meet Our Pedorthist



Sarah J. Garcia, C-Ped

Sarah grew up in Florida but relocated to Richmond in 1992. She started her career in Podiatry in 1990. During the ensuing 16 years she worked in several foot & ankle clinics learning all aspects of podiatric care. In 2006 she joined the Foot & Ankle Center and managed the clinical services.

Although Sarah found her duties satisfying she wanted to offer more to her patients as well as her career. While juggling a full time job and her family — which includes her husband Victor, son Jordan and daughter Kayla — she completed the requirements to sit for the State Board exam in Pedorthics. She passed the exam on her first attempt (more than half fail the first time) and is now one of only 3,000 Pedorthist's in the Country. We are pleased to have her as a part of our Podiatric team and family. Sarah offers knowledge, compassion and the drive to always do the best job.

ABC Certified Pedorthist

An ABC certified pedorthist is a healthcare professional who is specifically educated and trained to fabricate, fit, adjust and modify devices that aid in the proper functioning of the foot. This includes therapeutic shoes, partial foot prostheses and custom foot orthoses.

How to Refer Patients to The Foot & Ankle Center for Pedorthic Services

To schedule a patient to see our pedorthist, call our office at 320-FOOT (320-3668). If this is the patient's first visit to our clinic, they will first need to visit with one of our doctors before seeing the pedorthist. You can also request an appointment through our website (www.320-FOOT.com) or by fax (804-320-2600) and we will contact your patient directly to arrange an appointment.

Our Physicians



Dr. Mitchell R. Waskin

From as far back as he can recall, Dr. Waskin knew that he wanted a career in the medical field. A graduate of the Ohio College of Podiatric Medicine, Dr. Waskin has been practicing podiatry for over 20 years. He is a member of the American and

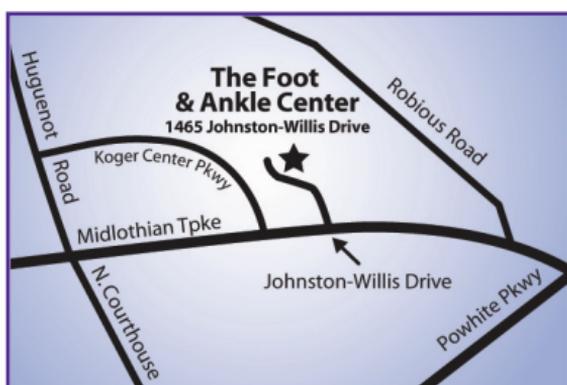
Virginia Podiatric Medical Associations and the Richmond Academy of Podiatric Medicine. He is certified by the American Board of Podiatric Surgery and is a Fellow of the American College of Foot and Ankle Surgeons.



Dr. Jeffrey P. Frost

After earning his degree in industrial engineering, Dr. Frost changed course and chose to enter the field of podiatry. He earned his degree at the Ohio College of Podiatric Medicine and has been practicing for over 20 years. Dr. Frost is a member

of the American and Virginia Podiatric Medical Associations, the Richmond Academy of Medicine and is board certified by the American Board of Lower Extremity Surgery.



Richmond's All-in-One Foot Care Center



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