



Foot Fractures

Foot fractures are often the result of a trauma-based injury or accident. Individuals might experience a severe twisting or significant fall. Swelling, bruising or discoloring can follow immediately, or up to 24 hours later.

Fractures are diagnosed with an X-ray. Immediate evaluation and treatment can help to ensure there is no long-term complication.

Depending on the severity of the fracture, patients may need a cast placed for 6-8 weeks and given crutches, or surgical intervention may be required. If surgery is performed, screws or pins can be used to hold the ankle in place while the fracture heals, or our specialists can place the bones back in proper alignment.

Recovery can take several weeks. Patients generally use ice and over-the-counter medication for pain management. During recovery, most patients benefit from gentle strengthening exercise with physical therapy.

Office Location:

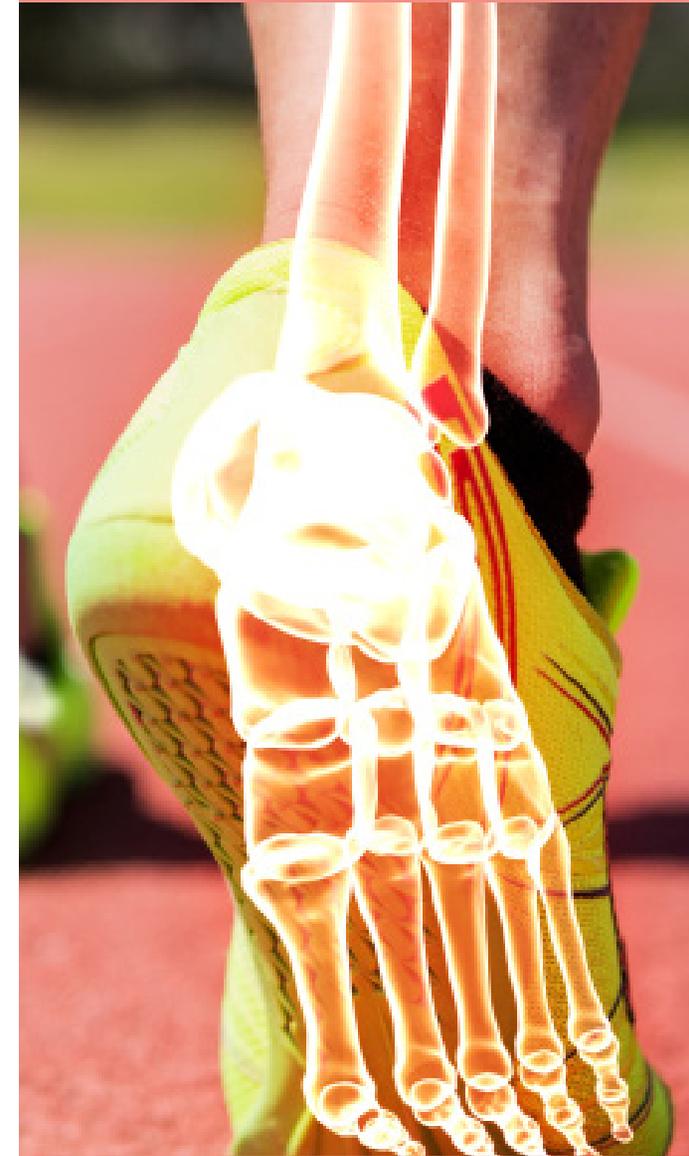
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Contact: 508-764-2772

Harrington
PHYSICIAN SERVICES

Compassionate Quality Care

PODIATRIC SURGERY
(FOOT & ANKLE CARE)



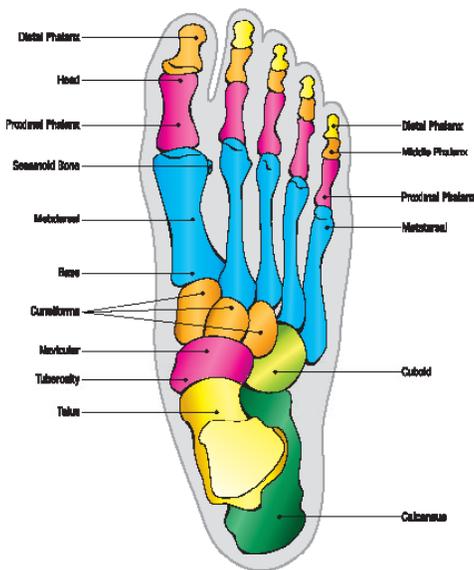
**Surgical and Nonsurgical
Treatment for
Foot and Ankle
Conditions**

Every day, your feet get quite the workout!

Your feet are perhaps two of the most important things we have. They carry our weight, provide mobility, take us from place to place – and yet they are likely one of the most ignored parts of our body!

General podiatric foot concerns can range from mild to severe, and these disorders can be genetic to trauma-based. Harrington Physician Services can help diagnose, treat and manage your foot pain from the very first consultation.

Did you know... The foot is made up of 26 bones, 33 joints and over 100 tendons, muscles and ligaments!



We treat a variety of foot and ankle conditions, including:

- Arch Pain/Fasciitis
- Bunions/Bone Spurs
- Corns/Callouses
- Degenerative Joint Disease
- Diabetic Foot Care
- Digital, Metatarsal and Avulsion Fractures
- Ganglions
- Fungal Nails
- Heel Spurs
- Hammertoes
- Ingrown Nails
- Neuroma or Pinched Nerve
- Peripheral vascular disease (PVD)
- Rheumatoid Foot Conditions
- Sports Injuries
- Ulcers (diabetic or vascular)

Proper Shoe Wear and Orthotics

While some foot conditions are structural, genetic or involuntary, many times, foot deformities can be prevented with proper footwear or additional supportive measures to reduce the pressure being placed on the foot and toe area.

Utilizing shoes that support your heel and ankle for walking, reducing the number of times per week you are wearing higher heels or finding inserts that provide extra cushioning to avoid pressure on a flat foot can help alleviate symptoms and slow the progression of conditions like hammertoe, fasciitis and bunions.

Talk to your podiatrist about your lifestyle and decide what type of shoes would be most beneficial for reducing pain and discomfort.

Foot Care for Children



Since there are genetic links to foot deformities or disorders, it is becoming more important for children to be evaluated for proper bone structure, growth, walking difficulties or other foot concerns. Certainly,

adolescents won't experience the same foot condition as their parents, but keeping an eye on any foot concerns from an early age is a good idea.

Young children may complain of heel pain or foot pain. This can be the result of something very normal, including overuse due to physical activity or perhaps a growth spurt.

Include your primary care physician in these conversations and, if necessary, ask to be referred to a podiatrist, just in case family history is present or you suspect something more serious is causing their foot pain.