

Recent press release for EGR A must know for patients with Tendonitis and Fasciitis

Kids are arriving at Feet For Life in larger numbers than ever for treatment of Flat Foot deformity.

Due to a new procedure called EGR (endoscopic gastroc recession), kids are now having an easier time with corrective flat foot surgery. Dr. Michael Horwitz of the FFLC says that more kids and adults are opting for flat foot surgery because the recovery time has been cut into less than one fourth of what it once was.

The EGR procedure requires only 3 weeks of acute healing time, as opposed to two months with other procedures. Even adults can benefit, with electricians getting back on ladders in record time.

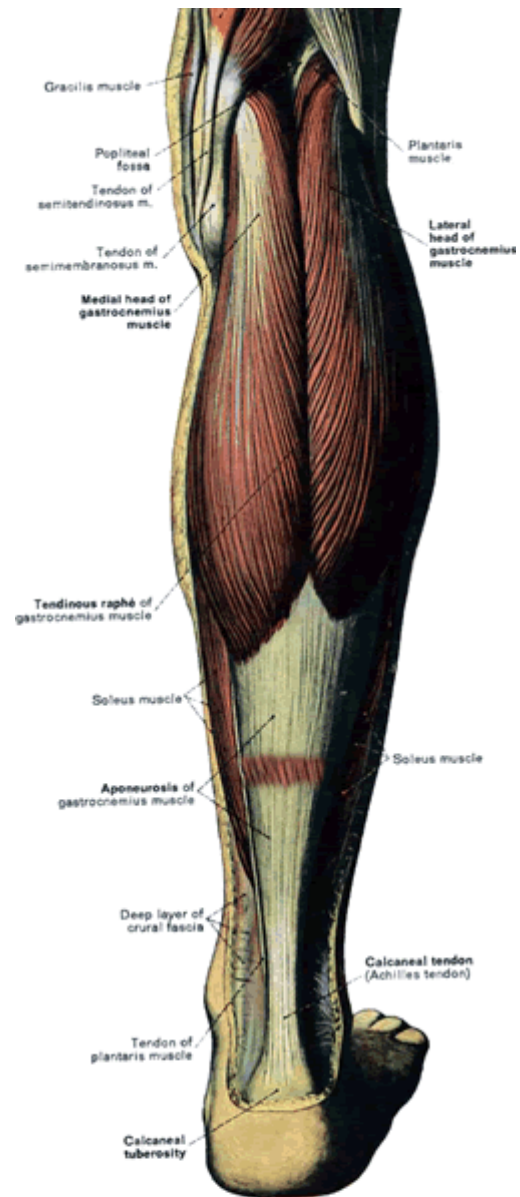
Often, flat foot surgery can be staged. This means that simpler (but very effective) procedures can be tried first, followed by more extensive procedures (only if needed) later on. For example, the MBA and Futura implants are often all that is needed to help people with fatigue and pain associated with flat foot. This procedure takes only 15 minutes to perform and is very effective. Often, this is all that is necessary to do.

The older achilles tendon lengthening procedures were often performed very close to the insertion. The disadvantage here was increased healing time, often as long as three to five months for the tendon to heal. In Addition, there is an increased risk of post op complication from trauma to the tendon and loss of muscle power because this procedure addressed both the gastrocnemius and soleus muscles. By lengthening both muscles, a degree of muscle power was lost.

now with the new EGR procedure, the usual healing time is only a couple of weeks, with no loss of muscle power.

The EGR procedure works by increasing flexibility, which is often limited due to tight lower calf and leg muscles. There is an immediate, visible improvement in the arch, and patient satisfaction is very high.

In addition to treating flat foot deformity, the EGR procedure is very effective for chronic achilles tendonitis and is becoming a treatment alternative for chronic plantar fasciitis and metatarsal pain as well.



The EGR procedure treats the band of fascia higher up the leg. The separation here heals very fast and allows for many advantages.

Prior to EGR surgery, the back of the leg can be very tight. Fasciitis, achilles tendonitis and even forefoot pain can result from a tight achilles tendon.

At least four new papers have been released on this procedure in the past six months.

The procedure has a high margin of safety, because only two very small one-centimeter incisions are made, and the entire procedure is performed endoscopically.

Even the anesthesia is easy for this. Usually a 1-hour local is all that is needed.

A recent article in the journal of the American podiatric medical association stated that over 90% of all foot pathology (bunions, hammertoes, neuromas, heel pain, etc) comes from having a tight gastrocnemius muscle. This procedure is considered a breakthrough.

An older version of this procedure was performed "open" for over 50 years, and it was very successful. Now with new endoscopic techniques, the healing time is much faster, with very little scarring, due to very small incisions.

Dr. Michael Horwitz is one of a very limited number of doctors trained in this procedure. He is currently performing the procedure on children and adults from ages 6 to 75 for various conditions. All of the children have responded favorably and are back at school within 1 week of the procedure.

By the year's end, Dr. Horwitz will have performed more EGR procedures than any other doctor in the bi-state region.

For more information, schedule a consultation.