

# SPORTS PODIATRY

## Orthotics

Orthotics are shoe inserts that help cushion, support, and realign abnormal motions of the feet. This correction can in turn, improve function, enhance performance, relieve pain, and slow down the progression of foot deformities and osteoarthritis. They may also help with realignment of the entire lower extremity.

Dr. Wanzu offers Light Orthotics which are custom inserts made on the spot utilizing lightweight, light curing composite materials that mold directly to the patient's foot and can be worn the same day. These inserts provide patients immediate foot pain relief with only one office visit.



## PRP Injections

Platelet-rich plasma (PRP) injections bathe troubled cells in a concentrated mixture of platelets from your own blood. Platelets are the component of your blood that contain growth factors which stimulate and speed up the healing process. The ultimate goal of PRP injections is to decrease pain, improve function, and return to sports and activities.

In the lower extremity, it is often used for chronic ligament damage such as Plantar fasciitis, or chronic tendinopathy such as Achilles tendinitis.

Ultrasound guided PRP Injections are performed in the office. Contact the doctor to learn more about the details of the procedure.



## Prolotherapy

Prolotherapy is a nonsurgical treatment which stimulates healing. During prolotherapy, serial injections of a dextrose solution are performed in the affected area to stimulate the body's use of its own inflammatory markers to repair injured musculoskeletal tissue.

During your treatments, Dr. Wanzu will use diagnostic musculoskeletal ultrasound imaging to detect and guide injections to the correct injury site.



## Supartz™

Supartz™ is a viscosupplement of sodium hyaluronate that is injected into painful, arthritic joints to help provide lubrication to the joint, in turn, decreasing pain and increasing range of motion.

Serial injections are performed for 3-5 weeks to help increase the time the medication is in the joint and to aid in the anti-inflammatory process within the affected joint. Injections are done in office and relief may last several months.

