

Sewickley Foot and Ankle Offers Treatments for Plantar Warts, Plantar Fasciitis, and More

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Sewickley Foot and Ankle, a podiatric clinic in Sewickley, PA, is happy to announce that they are offering treatments for plantar warts, plantar fasciitis, and other foot and ankle issues in Sewickley and neighboring areas. For plantar warts, they have a new Saorsa Swift wart removal machine that employs microwaves for quickly heating up the affected tissue to stimulate the body's immune system. Meanwhile, plantar fasciitis is typically experienced with pain on the bottom of the heel, particularly in the morning or when people stand up for a long period of rest. This particular foot condition is usually treated successfully with physical therapy regimens, such as injections, medications, and surgery. More about the Swift machine can be gleaned from <https://sewickleyfootandankle.org/swift>.

Plantar warts, just like other warts, is due to the human papillomavirus (HPV). The problem with plantar warts is their location, which is on the soles of the feet. This means they can be quite painful as pressure is exerted on them as the person walks or stands. This wart is difficult to treat externally because it has finger-like roots that grow inside. The usual way to treat warts is to destroy them by burning, freezing, or removing the skin cells infected with HPV. However, the wart will often return because the roots inside remain intact. Furthermore, these treatment methods are usually painful and frequently requires some down time in between treatments.

On the other hand, the Swift wart removal system uses the body's immune system to fight the infection and thus get rid of the wart. There is some pain or discomfort during the treatment process but this only happens while the microwaves are being focused on the infected tissue and will quickly subside after the microwave energy has ceased. This pain or discomfort is due to the very rapid increase in the tissue temperature for about two seconds. After the procedure is done there is very little pain and all patients have reported being able to return to their usual daily activities right after the Swift wart removal session.

Meanwhile, plantar fasciitis is typically treated successfully with physical therapy sessions, although injections, medications, and surgery are also occasionally utilized to offer pain relief. For diabetic patients, they offer foot exams, routine care, and assessments for shoes, including wound care when required.

Bunions are deformities on the foot that results into pain and speeds up the development of arthritis. The treatments they provide range from wearing more utilitarian shoe styles to a range of surgical procedures.

They also provide treatment for flat feet, ranging from the use of shoe inserts, physical therapy, bracing, to extensive reconstructive surgery. They will work with the patient in determining the appropriate treatment program that fits the patient's goals, lifestyle, and restrictions.

Dr. Matthew G. Martin DPM, MS, AACFAS provides podiatry care in Sewickley and surrounding areas, ranging from diabetic foot care, nail trimming, and also foot and ankle surgery. He was born and grew up in Western Pennsylvania. His grandfather Dr. J.A. DePalma had provided his services to the residents of Sewickley since the 1950s and his uncle, Dr. Daniel DePalma, had also served the same community since 1987. Dr. Martin took over Dr. Daniel DePalma's former office and plans to follow the footsteps of his uncle and grandfather. He received his podiatric medical education from the Kent State University College of Podiatric Medicine in Cleveland, OH. He finished his foot and ankle surgery residency at Heritage Valley Beaver in 2020 and he is experienced in different kinds of surgical techniques, ranging from nail surgery to hammertoe correction to total ankle replacement and foot/ ankle reconstructive surgery.

People who would like to know more about the podiatric care services provided at Sewickley Foot and Ankle can visit their website at <https://sewickleyfootandankle.org/>, or contact them through the phone or via email. They are open from 8:00 am to 4:30 pm on Mondays and from 8:00 am to 4:00 pm on Fridays.

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For more information about Sewickley Foot and Ankle, contact the company here: Sewickley Foot and Ankle Dr. Matthew G. Martin DPM, MS, AACFAS 412-741-4470 ai@harvestdemand.com 1099 Ohio River Boulevard, Sewickley, PA 15143 USA

Sewickley Foot and Ankle

Formerly the office of Dr. Daniel DePalma, Dr. Martin will now be at this Sewickley location providing podiatry care ranging from routine nail trimming, diabetic foot care, and foot and ankle surgery.

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