

## Podiatric Medicine

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### Description

Podiatric medication is a part of the clinical sciences committed to the avoidance, determination and treatment of foot issues coming about because of injury or infection. The human foot has an intricate interrelation with the remainder of the body, which implies that it very well might be the principal region to give indications of genuine conditions like diabetes and cardiovascular illness.

### Conditions Podiatrists Treat

Podiatrists treat people of any age for many foot-related conditions, including:

Fractures and sprains. Podiatrists regularly treat these common injuries when they affect a foot or ankle. They also work in sports medicine, treating foot problems athletes have and recommending ways to avoid them.

Bunions and hammertoes. These are problems with the bones in your feet. A bunion happens when the joint at the base of your big toe gets bigger or knocked out of place. That makes the toe bend toward the others. A hammertoe is one that doesn't bend the right way.

Nail disorders. These include issues like an infection in your nail caused by a fungus or an ingrown toenail. That's when a corner or side of a nail grows into your toe instead of straight out.

Diabetes. This is a condition in which your body either doesn't make a hormone called insulin or doesn't use it the way it should. Insulin helps you digest sugar. Diabetes can damage the nerves in your feet or legs, and you might have trouble getting enough blood to your feet.

Diabetes can cause serious complications. More than 65,000 people a year need to have a foot amputated-removed by a doctor-because of

diabetes. A podiatrist can help prevent that. If you have diabetes, make sure to get any sore or callus on your feet checked out.

Joint inflammation. These outcomes from irritation, growing, and mileage on your joints. Each foot has 33 joints. A podiatrist may suggest exercise based recuperation, medications, or uncommon shoes or embeds to assist with your joint pain. Medical procedure likewise may be an alternative if different therapies don't function admirably for you.

Developing torments. On the off chance that your youngster's feet point internal or look level or their toes don't arrange right, a podiatrist could possibly help. They could suggest activities, insoles, or supports. Or then again they may suggest a medical procedure.

Heel torment. A typical reason for heel torment is heel spikes, a development of calcium at the lower part of your heel bone. You can get them from running, sick fitting shoes, or being overweight. Plantar fasciitis is irritation of the band of connective tissue that runs along the lower part of your foot. Sports and nonsupportive shoes are generally to fault. Overpronation, which means your foot twists in or out excessively far when you walk, is regularly a reason. It, as well, can influence competitors, as can Achilles tendinitis, which causes torment at the rear of your heel where this ligament joins. Treatment frequently begins with once again the-counter torment drugs and may incorporate shoe embeds called orthotics. A few group need a medical procedure.

Morton's neuroma. Nerve issues between the third and fourth bones of your foot can cause agony, consuming, and an inclination that there's something in your shoe. It generally influences sprinters. Tight shoes and overpronation exacerbate it. A podiatrist can offer you chances for aggravation and torment and help you discover an orthotic. You may require a medical procedure to eliminate it.