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## **Dr. Wachtel Talks About a New Injectionless Treatment for Ankle Sprains, Achilles Tendonitis, and Other Injuries**

Billy: Welcome back to he said she said and as always at this time we have our special podiatrist doctor in the house, Dr. Mitchell Wachtel, good morning.

Dr. Wachtel: Good morning.

Billy: How are you?

Dr. Wachtel: Excellent as always.

Billy: Excellent as always. Alright, so today we are going to talk about laser surgery.

Dr. Wachtel: Yes, I'm really excited about this, this is a new modality that we have at our practice. We've had it for several months now. It's use is very wide spread. The most common things were treating it with in our office is for heel pain and arch and Achilles tendonitis pain and you understand heel and arch pain but Achilles tendonitis is that thick tendon at the back of your heel that can be very tender and tight and were using it for those kind of problems. What you don't see is for tendonitis and ankle sprains as well and what laser does is it oxygenates tissue so there's a beam and we actually rotate the beam on a clockwise basis around the area and what it does is it creates a warm feeling in that area and what it does is it actually increases the blood supply many things that are inflamed or damaged or when patients experience pain is kind of like that tissue or inflamed tissue. What this does is it creates a massive vascular response and it wipes out the inflammation as well as heals the tissue so we have patients that come in with ankle sprains and they have a lot of swelling and within two or three days of using this modality we can decrease the swelling and decrease the pain and were doing it for heel pain as well as Achilles tendonitis and what's great about it is there are so many patients that come into the office and are like, "Oh my god I heard about the cortisone shot and I'm scared," and I'm like, "Well we have an injection less treatment, you don't need and injection." We are doing several of these a day now and getting a great response and I want to go back for a second and talk about those thick and ugly nails that are discolored and dark.

Amber: We saw a pair of those nails in Fort Myers; you know that guy who I said looked like Albert Einstein?

Billy: I still can't get visual out of my head.

Amber: He had those nails doctor, what is that caused from?

Dr. Wachtel: There's definitely thickness and discoloration and possibly there could be some fungus and were using this for those thick and discolored nails. Were getting a great treatment response. The oral meds aren't very good for it. The topicals that are out that we prescribe aren't really penetrating the nail but the laser is doing the trick and you'll notice a clear nail in six months.

Amber: Oh okay, wow.

Dr. Wachtel: Do the treatment and then six months later, you'll have a clear nail.

Billy: So going back to the ankle sprains that must be great for people who are runners and athletes. In the past, what would you do? You'd just wrap it and you'd stay off it.

Dr. Wachtel: It would take months to heal.

Billy: Months, yeah.

Dr. Wachtel: This has revolutionized the way I treat ankle sprains now. Our first attempt is we give them a treatment of that and of course we get them into proper bracing to decrease the torque and the way they are landing in their shoe and ankle area and sometimes we have to completely get them off their foot with a removable calf but the swelling is the biggest issue so if we get the swelling down that's when the pain relief comes. A lot of people don't even think of going to a podiatrist for their ankle sprains.

Billy: I didn't just until five minutes ago, wow.

Dr. Wachtel: Exactly. In my practice what we do, everybody that comes in as a new patient, I take literally one minute and I say, "Look, these are the things that we treat that you have no idea about," so that they are educated. Sometimes you'll go to one kind of specialist and be like okay well you know you have a sprain and it's really not a big deal and it'll take a couple months and it'll get better. We believe in very quick, safe, effective treatments where your swelling goes down and we're getting you the relief as fast as possible.

Billy: Were talking with Dr. Mitchell Wachtel, our resident podiatrist that we talk to every Monday, and doctor, why don't you tell everybody where your four offices are and your phone number please.

Dr. Wachtel: Okay, most importantly go to my website, [www.mitchellwachteldpm.com](http://www.mitchellwachteldpm.com). That's my website and our offices are located in North Andover, Methuen, Bradford at the Whittier Rehab and in downtown Lowell.

Amber: And do you have time for quick question that we just got on our website doctor?

Dr. Wachtel: Sure.

Amber: This is John from Andover. He texted me and said, "I have a question. I am a big runner and I just recently sprained my ankle. What can I do before hand so I do not re-injure my ankle?"

Dr. Wachtel: First of all, we're doing routine evals for runners now because it's that time of year that they are going to be running within in a month or two we recommended getting an eval for a tune up for their feet. We can watch the way they walk or watch their shoe gear but most importantly, once you're a sprainer you've sprained the ligaments and their never going to get back to their original lengths and ligaments, the main purpose of a ligament is to restrict motion so if you lengthen it the ankle does have a little give now so it's kind of like a damaged area and it never completely heals to the exact extent that we want it to so what we typically will do is make an orthotic or a custom orthotic for our runners and the great thing about runners right now is we're developing a running blog on our website we're adding content to it on a weekly basis. Runners right now, this is the time if you know you're going to be running in April or May in one of those 5K runs and maybe even a marathon. Getting evaluated before then for your shoe gear, your sneakers especially if your sneakers are bearing down and breaking down we recommend Brooks sneakers. We're a dispenser of them but the biggest thing I would say right now is to get an orthotic to prevent re-injuring it because when you land on your heel and your ankle, your ankle inverts because we land on the outer aspect of our feet and our feet kind of rotated outside and that joint is very affected if the ligaments are not completely tight so an orthotic that goes into the shoe will kind of correctly land and prevent long term. It'll basically prevent you from having a chronic ankle sprain. We have many patients that are chronic ankle sprains and then when we get them an orthotic that kind of decreases the sprain from occurring.

Amber: Okay, so John, if you're listening and I know he is, just heard over and call Dr. Wachtel and make an appointment and I think that's one of the most important things especially if you're some kind of runner is to be fitted. It's amazing to me how we just throw on a pair of shoes and were off and we wonder why we have especially heels. I mean heels for years doctor were such a killer for me because I would be on my feet for 14-15 hours a day in these high heels and I have major foot problems because of that and it's amazing to know I could have just called you and have had my feet fitted into a proper shoe and I kind of missed the boat on that one.

Dr. Wachtel: It's okay. Many of our patients that wear high heels have Achilles tendonitis and their tendons are tight because they are in a shortened attitude now.

Amber: Yes and I probably have had that and I had some foot issues that I tried to take care of it myself which I do often which probably isn't the best root and I am in a lot of pain all the time because of that reason so I should have smartened up and called you and you know I have to live with all of these foot issues so it's terrible.

Billy: I have a question. You just recently came back from a ski trip.

Dr. Wachtel: I did, Lake Tahoe.

Billy: Lake Tahoe, and I don't ski but is there a special ski boot that you use as far as

your feet go?

Dr. Wachtel: Okay, so I'll give you a little run down about my foot. I have a Fred Flintstone foot. It's short and wide and the regular boot that you use that I've tried, I've bought about three different boots, all of them have killed me because they don't really make a boot for a short, fat foot or wide foot so I finally broke down and bought a custom boot and I tell you.

Amber: Amazing?

Dr. Wachtel: The most incredible experience of my life.

Amber: Ooh.

Billy: Really?

Dr. Wachtel: I mean the place I went to was far away from here. If you ever need a custom boot, it's called The Strand, they are in Worcester. These guys are old fashioned they don't believe in advertising, nothing.

Amber: Right.

Dr. Wachtel: You walk in there they spent four hours with me and they really pampered me and made sure that everything was according to plan and they actually gave me a boot that's kind of neat that if next year I decide, I can actually put foam in it.

Billy: Oh.

Amber: Wow.

Dr. Wachtel: I'm telling you I skied, first of all, the skiing was amazing. It was two feet of fresh snow.

Billy: Wow.

Dr. Wachtel: Not even groomed and if you're a skier, it's like a paradise, basically. You just can't explain two feet of fresh powder that's never been touched and in California and Nevada, it's a soft kind of...

Billy: I'll just stay in the lodge and have a beer and watch them come down.

Dr. Wachtel: I can understand that too. That's the second part typically that most people do, but the skiing was just outrageously awesome.

Billy: Wow.

Amber: Aw, that's awesome. I'm so glad you had a good time and I suffered for years too because I have flat and I have wide feet. I suffered for years squishing my foot into

a...

Billy: A ski boot!

Amber: A ski boot and it's another reason too.

Billy: It just dawned on me because I know he told us he went into town recently and i'm like ski boots, I mean everybody puts a ski boot on and not everyone gets a custom fit but now that's good to know, anybody out there who skis and who might have been experiencing some discomfort, go to this place out in Worcester.

Amber: Right, and I'd like to do a segment on flat feet, doctor, too because that's another big thing and another big problem.

Dr. Wachtel: Oh my god, we could talk for hours on that.

Amber: I know, well, you know what. Something you know we can do, maybe next week we could talk get some information on that.

Dr. Wachtel: That sounds like a plan.

Billy: Excellent.

Amber: Okay doctor, well thank you so much for calling in. That was Dr. Wachtel and he is a wealth of information on your feet, which are the most important part of your body.

Billy: Absolutely.

Amber: And were just trying to get the word out it's so true and you do not have to suffer because there are so many other options now, thank you doctor.

Dr. Wachtel: Thank you.

Billy: Thanks, have a great week.