



TEN IMPORTANT THINGS YOU SHOULD KNOW BEFORE CHOOSING YOUR FOOT AND ANKLE SPECIALIST

1. Does your foot and ankle specialist fully understand your needs?
2. Is your foot and ankle specialist Board Certified?
3. Does your podiatrist or foot and ankle specialist use the latest technology and equipment?
4. Do they recommend treatment besides surgery?
5. Does your foot and ankle specialist or podiatrist offer minimally invasive surgery?
6. Do they have experience in the treatment of all aspects of foot and ankle problems?
7. Do they see patients of all ages?
8. Do they have experience?
9. Do they work with multiple specialists?
10. Do they accept most insurances and have payment plans?

Foot and ankle pain can prevent people from being active, pursuing activities at work and leisure and enjoying life. Comprehensive foot and ankle care is available to help. “Comprehensive” means that all available techniques and technologies are available for the treatment of foot and ankle conditions. Dr. Ed Davis, podiatrist San Antonio, has over 30 years of experience in biomechanics of the foot and ankle, pediatric foot and ankle conditions, sports medicine and foot surgery.

Patients have foot conditions that are unique and may not be helped by “cookie cutter” or standardized treatment protocols. Formation of a precise diagnosis via a thorough exam and modern diagnostic technology is critical to discover the underlying causes of foot and ankle pain. Treatment of the causes of foot and ankle pain can lead to a long term cure.

- 1) **Understanding your needs.** Your podiatrist need be a consultant first and foremost. We listen to your symptoms and needs before the exam and before we formulate a treatment plan. A thorough understanding of symptoms is a critical step in guiding the exam. Every patient is different – runners, folks who make their living standing on their feet, patients with systemic diseases such as diabetes will place different stresses and demands on their feet and ankles. A patient who is self employed need be provided with effective and non-invasive treatment options to minimize time loss from work.
- 2) **Board Certification.** The [American Board of Foot and Ankle Surgery](#) is the primary certifying body for Foot and Ankle Surgeons. San Antonio podiatrist, Dr. Ed Davis, is certified in Foot Surgery by the American Board of Foot and Ankle Surgery since 1991, was recertified in 2001 and 2011.

- 3) Technology and Equipment.** There have been major advantages in equipment, both diagnostic and treatment wise in the last 15 years. Modalities such as [high resolution ultrasound](#) equipment allows the doctor to image soft tissue problems in real time at the initial office visit. Dr. Davis utilizes the [Sonosite Edge](#) to assist in the diagnosis of heel pain, Achilles tendinitis, Morton's neuroma, lateral ankle instability and nerve entrapments such as tarsal tunnel syndrome. Highly effective treatment of damaged tendons and ligaments of the foot and ankle can be treated in the office with ESWT or extracorporeal shockwave therapy. Dr. Davis was a pioneer in the use of ESWT starting in 2001. He currently uses the [Swiss Dolorclast](#) which has set a high standard since its conception in 1999. Other technologies utilized include [Orthoscan](#) which provides instant x-ray and fluoroscopic images of the foot and ankle in the office, at very low radiation levels; low level laser therapy with the [MLS laser](#) and more.
- 4) Non-surgical treatments.** Most foot and ankle problems can be resolved without surgery so your foot and ankle specialist should always present you with those effective non-surgical options. Conservative treatments may, at times, be presented as a “stepping stone” to surgery. Conservative treatments when utilized effectively and to the full extent are effective for the treatment of most maladies of the foot and ankle. The foot and ankle is a mechanical entity subject to the stresses of walking, standing, work and sport. The study of biomechanics demonstrates how abnormal forces can adversely effect the foot. Most foot problems have an underlying biomechanical issue that need be discovered and addressed.
- 5) Minimally invasive surgery.** There was time that patients had great health insurance benefits and generous disability policies that allowed extended recovery times after surgery. Those days are gone. Procedures that minimize recovery time and allow rapid return to work are now essential and your foot and ankle specialist need be trained in such procedure and offer such procedures to you. San Antonio Podiatrist, Dr. Ed Davis, has years of experience in minimal incision and minimally invasive procedures. Some of the more common minimally invasive procedures include the [Topaz procedure](#) and [TenexTX](#).
- 6) Experience and training in all aspects of foot and ankle problems.** A number of different health professionals provided treatment for foot and ankle problems. Dermatologists may treat skin diseases of the feet. Orthopedic surgeons may treat fractures and joint disorders of the foot and ankle. Podiatrists are the only specialists exclusively and comprehensively trained in all aspects of foot and ankle diseases. Most systems of the body are present in the foot: musculoskeletal, circulatory, skin, nervous system. Such systems do not act independently so a practitioner who has comprehensive training in all aspects of foot and ankle pathology can offer the most complete diagnostic and treatment regimen.
- 7) All ages seen and treated.** Dr. Davis sees patients from the time of birth through the golden ages. Many adult foot problems can be recognized and resolved during childhood. [Podopediatrics](#), a favorite subspecialty of Dr. Davis, is the treatment of pediatric foot and ankle disorders.
- 8) Experience.** San Antonio podiatrist, Dr. Ed Davis, has over 30 years of experience in the treatment of foot and ankle problems. He graduated from the Temple University School of Podiatric Medicine in 1982, completed a residency in Podiatric Surgery at the Veterans Administration Medical Center of Washington, DC and instructed podiatric surgical residents in Tacoma, Washington before relocating to San Antonio in 2007.

9) Specialists and referrals. Vascular specialists, rheumatologists, endocrinologists, neurologists, orthopedists and pain specialists are part of a number of specialists that Dr. Davis refers to and accepts referrals from.

10) Insurances and payment plans. There is a myth concerning doctors “accepting insurance plans” or not. Almost every doctor wants to treat all patients who need care. Physicians are willing to sign contracts with health insurance companies as long as they are offered fair contracts. It is the insurance company, not the doctor who writes the contract and offers it to the doctor. Dr. Davis' San Antonio podiatry offices accept most major insurance company plans such as Blue Cross/Blue Shield, Tricare, Medicare, Aetna, Cigna, United Healthcare, Dept. of Labor, Workers Compensation and many others. Many patients now have high deductibles so they need to carefully consider how they spend their healthcare dollars. The ability to offer office based diagnostics, office based non-invasive and minimally invasive procedures can lead to significant cost savings for patients. Additionally, convenient payment plans can make care more affordable.

Dr. Ed Davis provides foot and ankle care services in the greater San Antonio area. His office is centrally located and he is accepting new patients. <http://www.southtexaspodiatrist.com>