

Tightrope Procedure

What Is The Tightrope Procedure?

We are excited to bring a newer alternative to you—the **tightrope procedure**. The name may make you think of the circus, and the benefits of this procedure are just as thrilling. Among the first in the area to use this revolutionary technique, Dr. Marco Vargas and Dr. Joyce Lee are seeing great success and patient satisfaction.

As the name implies, a special type of wire is threaded through sets of holes that have been made in two of the metatarsal bones. Once in place, the wires are tightened and the bone is aligned to its proper position. The doctor can actually use imaging technology to insure that the bone is exactly where it needs to be—this is not possible with traditional procedures.

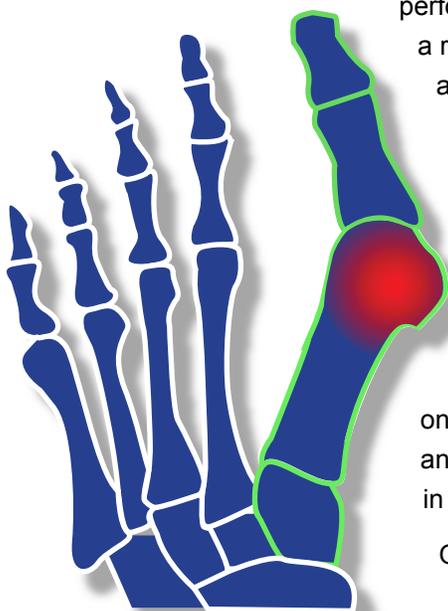
What makes the procedure revolutionary is that patients' recovery time is half of what it is with traditional bunion surgery and there is significantly less postoperative pain due to no bone cut and less swelling. In as few as three weeks patients have recovered – wearing shoes of their choice and enjoying life. The stress of missing work and losing time with family is greatly reduced. Since bone cuts are not a part of this process, a walking boot is used to protect the foot.

There is also a significantly reduced risk of postoperative complications due to the fact that there is no bone cut. Should there be any complications from the tightrope procedure, it is easy to remove, making the procedure completely reversible so that there is no permanent alteration or deformity of the foot structure.

While the tightrope procedure is not indicated in every type of bunion deformity, it can be performed in the vast majority of them. It represents a revolutionary change in bunion surgery and will allow more people to undergo bunion correction due to a faster recovery, less pain and fewer complications. This means fewer days missed at work or less down time with the kids - two of the main reasons many people avoid bunion correction.

Put our expertise and experience to work for you and your feet! Make an appointment at one of our three convenient locations today, and put an end to your bunion pain. You can find our offices in Sugar Land, Missouri City, or Houston, TX.

Online **scheduling** is also available.



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Bunions and Hammertoes

Of all the various foot problems, the most common bone deformities are bunions and hammertoes. A **bunion** involves the first metatarsophalangeal joint, or the joint attached to the big toe. Less commonly, a tailor's bunion or bunio-
nette involves the fifth metatarsophalangeal joint, or the joint next to the baby
or fifth toe. The problem may involve one or both feet, but typically one foot is
more painful than the other.

A **hammertoe** can be called a claw toe, mallet toe, contracted toe, bone spur,
rotated toe, or deformed toe. The term "hammer" in the word hammertoe refers
to the clawing of the toe, similar to the claw portion of a hammer. This deformity
can exist on any of the five toes, but it usually affects the fifth or baby toe.

It is very common that hammertoes exist with bunion deformities, and they are
often treated together.

What treatment options are available?

Treatment of your bunions and hammertoes will depend on the severity of your condi-
tion. Typical treatment options suggested by Drs. **Joyce Lee** and **Marco Vargas**
during your visit may include:



- Exercise your toes. When you exercise your toes, you can help stretch and strengthen your toe muscles.

- Buy shoes that provide a wide toe box. Buy shoes that have 1/2 inch between your longest toe and the end of the shoe. This will allow enough space and wiggle room in your shoes. You should avoid high heels or tight shoes altogether!
- Using non-medicated pads to help relieve pressure and pain. These can be bought at your local pharmacy. If you are unsure which kind to buy, Dr. Vargas can refer you to the right brand.
- In severe cases, and if pain persists, surgery may be necessary. Dr. Vargas recommends the tigtrope procedure.



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