

For Immediate Release

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Do you suffer from Foot Pain, Numbness and Tingling?

Kingwood, TX, July 16, 2015— The podiatric surgeons at Kingwood Medical Center work with patients to provide the best treatment options available to relieve foot pain, numbness and tingling due to tarsal tunnel syndrome. Endoscopic tarsal tunnel decompression is a minimally invasive foot surgery technique used to relieve the pressure exerted on a compressed nerve pulled across a rigid, unyielding ligament on the inner side of the ankle that becomes inflamed, which causes it to eventually become entrapped in scar tissue.

Podiatric Surgeon Dr. Michael Wynn said, "Kingwood Medical Center is the only hospital in northeast Houston and one of only three hospitals in Houston that offers endoscopic tarsal tunnel surgery. This procedure provides relief to patients that suffer from an entrapment of nerves in the foot and ankle. Symptoms may include pain, numbness, and burning sensations in the ball of the foot and ankle that may radiate out into the toes or up the leg. The aching or shooting pain may occur while standing or walking, can range from mild to severe and may occur at night or in the evening and may lead to balance issues."

"The Endoscopic Tarsal Tunnel procedure is performed via a small 1" incision on the side of the ankle and is less traumatic to the patient than an open technique, which required a 7-8" incision," said Dr. Wynn. "The technique allows for a quicker recovery and a faster return to normal activity than traditional surgical techniques and is performed in an outpatient setting. Most patients can bear weight immediately after surgery and return to shoes one week after surgery. Everyone heals differently and factors such as age, weight, circulation and occupation contribute to healing times."

Carol Russell, a 70-year-old Livingston resident, had lived with an aching leg and numbness in three of her toes in her right foot for several years. After consulting with Dr. Wynn and completing a nerve test and x-rays, he recommended the endoscopic tarsal tunnel surgery. Ms. Russell said, "I felt immediate relief when I woke up in the recovery room at Kingwood Medical Center. Three days after surgery, when I began walking on my foot, I noticed the numbness was gone. I gained full range of movement back in my ankle that I had lost. I am now able to move my foot in a complete circle without pain or discomfort and the aching in my leg has disappeared. I would strongly recommend this surgery to others, especially senior citizens who tend to live with foot pain and believe it's just a part of growing old."

For patient Cheryl Maley, a 55-year-old Texas resident, the Endoscopic Tarsal Tunnel Surgery has significantly improved her life. "I had chronic ankle pain for four years. It was a nonstop pain that gradually increased during the day and by nighttime, my ankle was throbbing and aching," said Ms. Maley. "I am very active and the chronic pain has slowed me down tremendously."

After completing a nerve study and MRI, Dr. Wynn recommended the endoscopic tarsal tunnel surgery. Ms. Maley was very reluctant to have foot surgery, but after learning about the fast recovery for the endoscopic procedure, she entrusted Dr. Wynn to perform the procedure.

"The healing process for the endoscopic procedure is minimal, and after 5 days, I was walking as normal and felt so much better," said Ms. Maley. "The hospital staff is extremely professional and very efficient. I would definitely recommend the endoscopic procedure," Ms. Maley feels blessed that she found Dr. Wynn and that he was able to relieve her pain.

"We are extremely pleased to offer access to this highly specialized surgical procedure to the community," said Melinda Stephenson, CEO of Kingwood Medical Center. "Our highly skilled team of physicians performing the Endoscopic Tarsal Tunnel procedure at the hospital is an important addition to the continuum of quality care we provide and our patients expect."

Kingwood Medical Center is pleased to offer a Lunch & Learn with Podiatric Surgeon Dr. Michael Wynn on August 11th; 12:00 p.m. - 1:00 p.m. to discuss new treatments available to alleviate tarsal tunnel, foot pain, numbness and tingling. To register for this free community event, or for a physician referral, please call 1-800-258-5064 or visit our website KingwoodMedical.com.

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About Kingwood Medical Center

22999 U.S. Highway 59 North, Kingwood, TX 77339

Kingwood Medical Center is an acute care facility comprised of 24-hour emergency services. It is home to the area's comprehensive cardiac care program and neuroscience program. The hospital is recognized by the state of Texas as a Primary Stroke Center, is Joint Commission Accredited for Disease Specific Certification in Stroke, has an Accredited Sleep Disorder Center, an Accredited Diabetes Center and offers a myriad of services to patients, including: Level II and III neonatal intensive care units, women's services, high risk obstetrics program, breast diagnostic center, designated pediatric unit, observation unit, surgical services, inpatient rehabilitation, laboratory and diagnostic imaging services on-site, a Center for Wound Care, and a 24 Hour Emergency Care Center in Fall Creek. www.KingwoodMedical.com

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