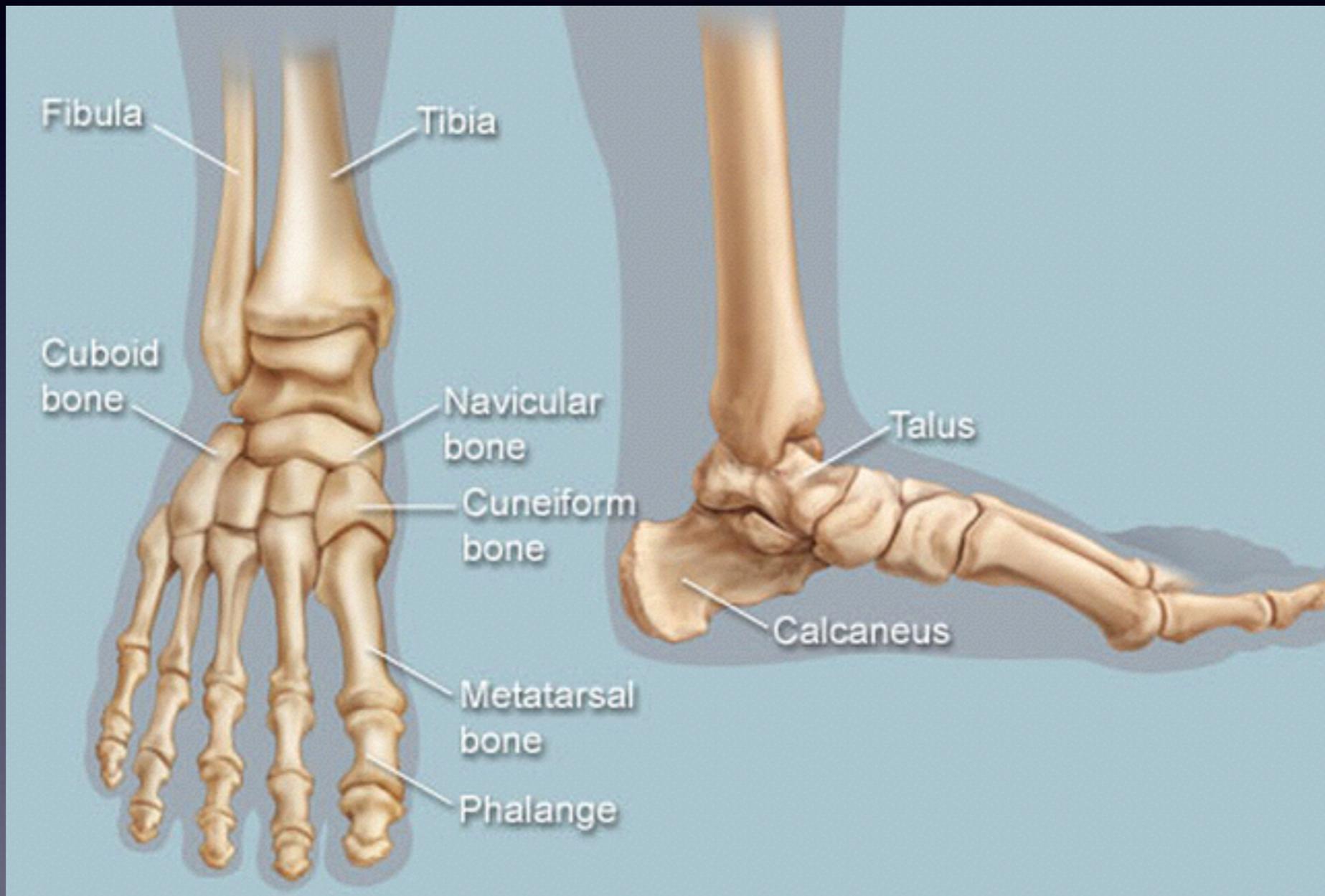
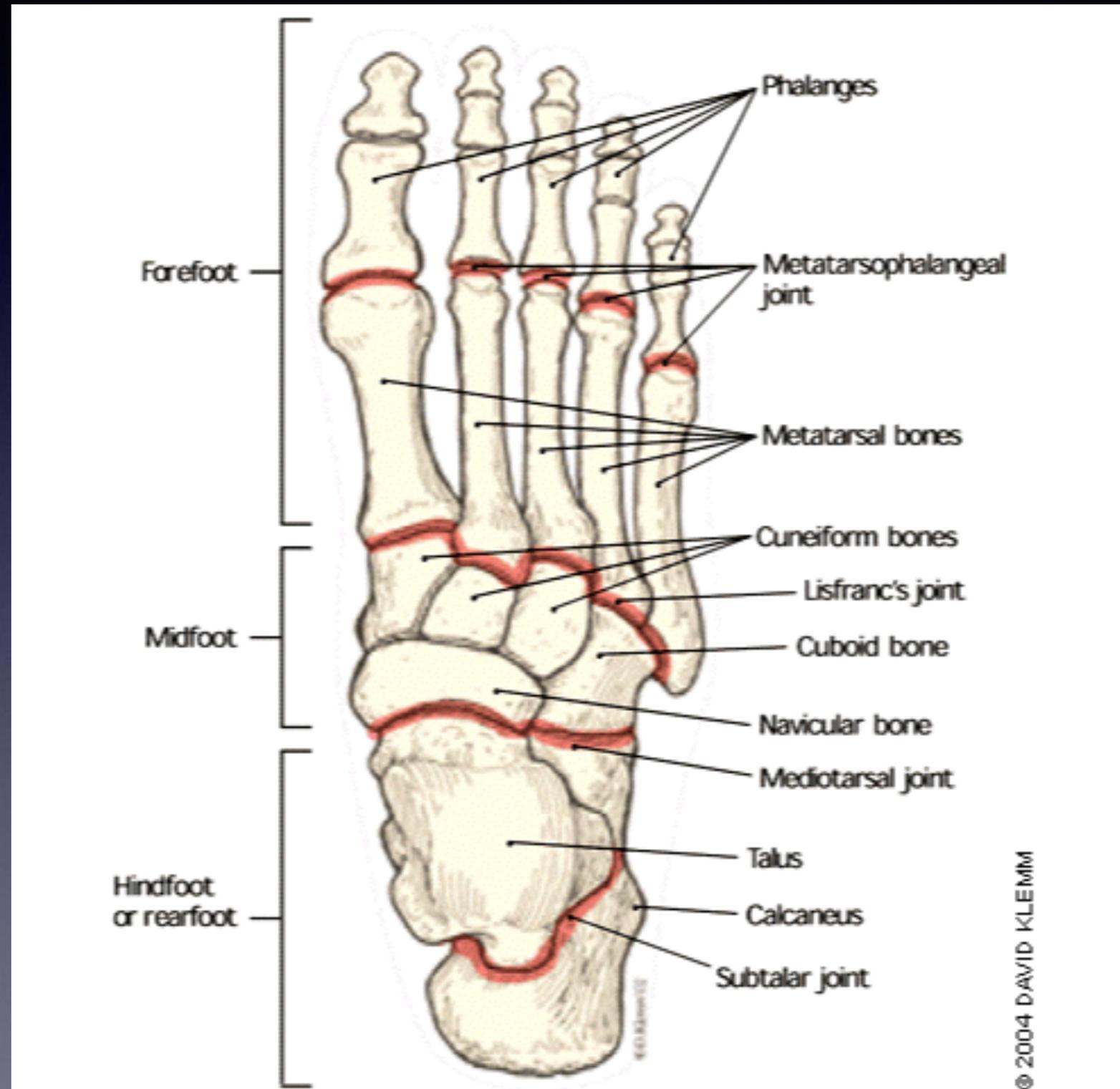


TERMINOLOGY 101

How many Bones



3 section of the Foot



Bilateral

Relating to both

Plantar

Relating to the bottom or sole

Lateral

Relating to the outside or farther from the median

Medial

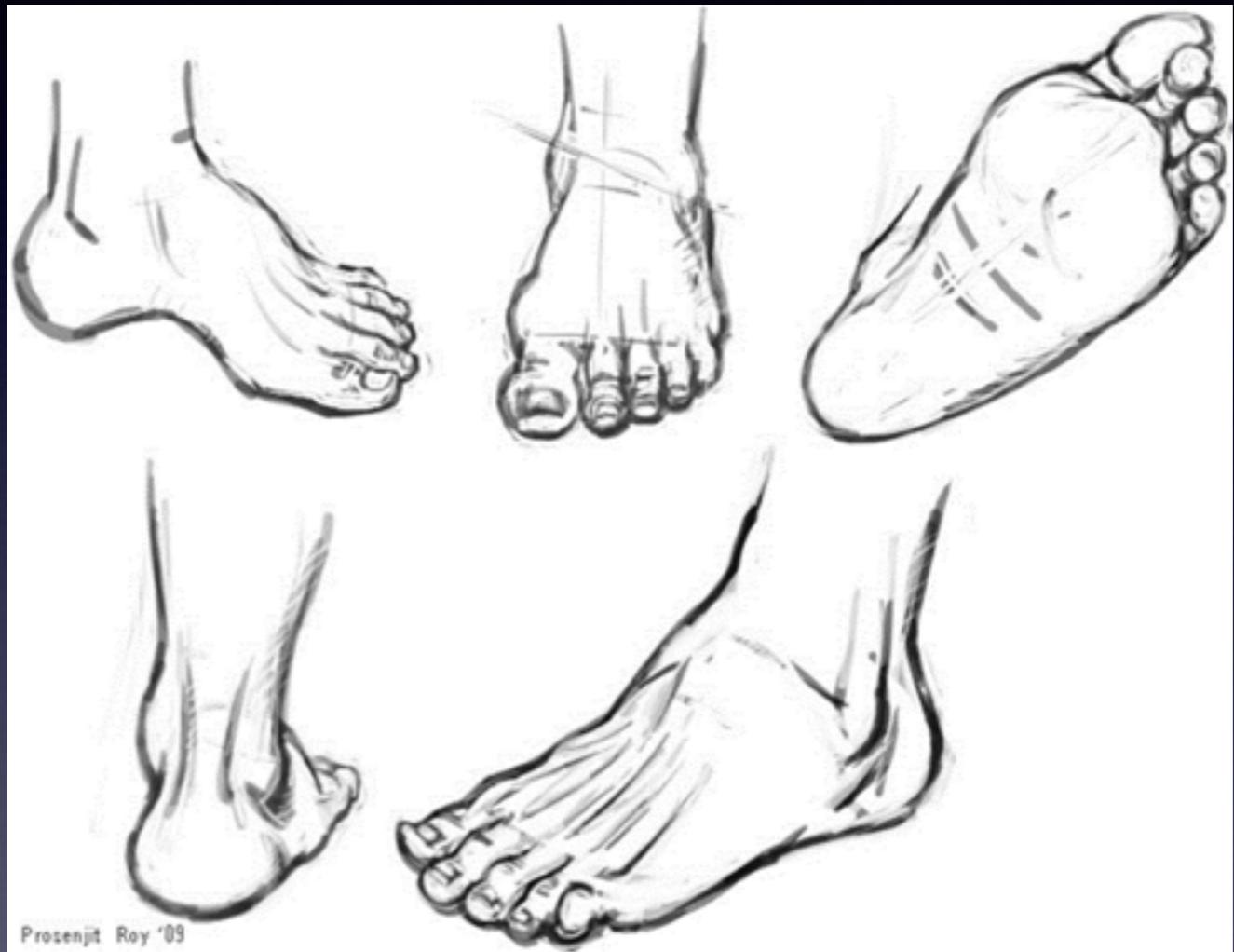
Relating to the inside or middle

Anterior

Directed toward front surface of the body; opposite of posterior.

Posterior

Directed toward or situated at the back; opposite of anterior.

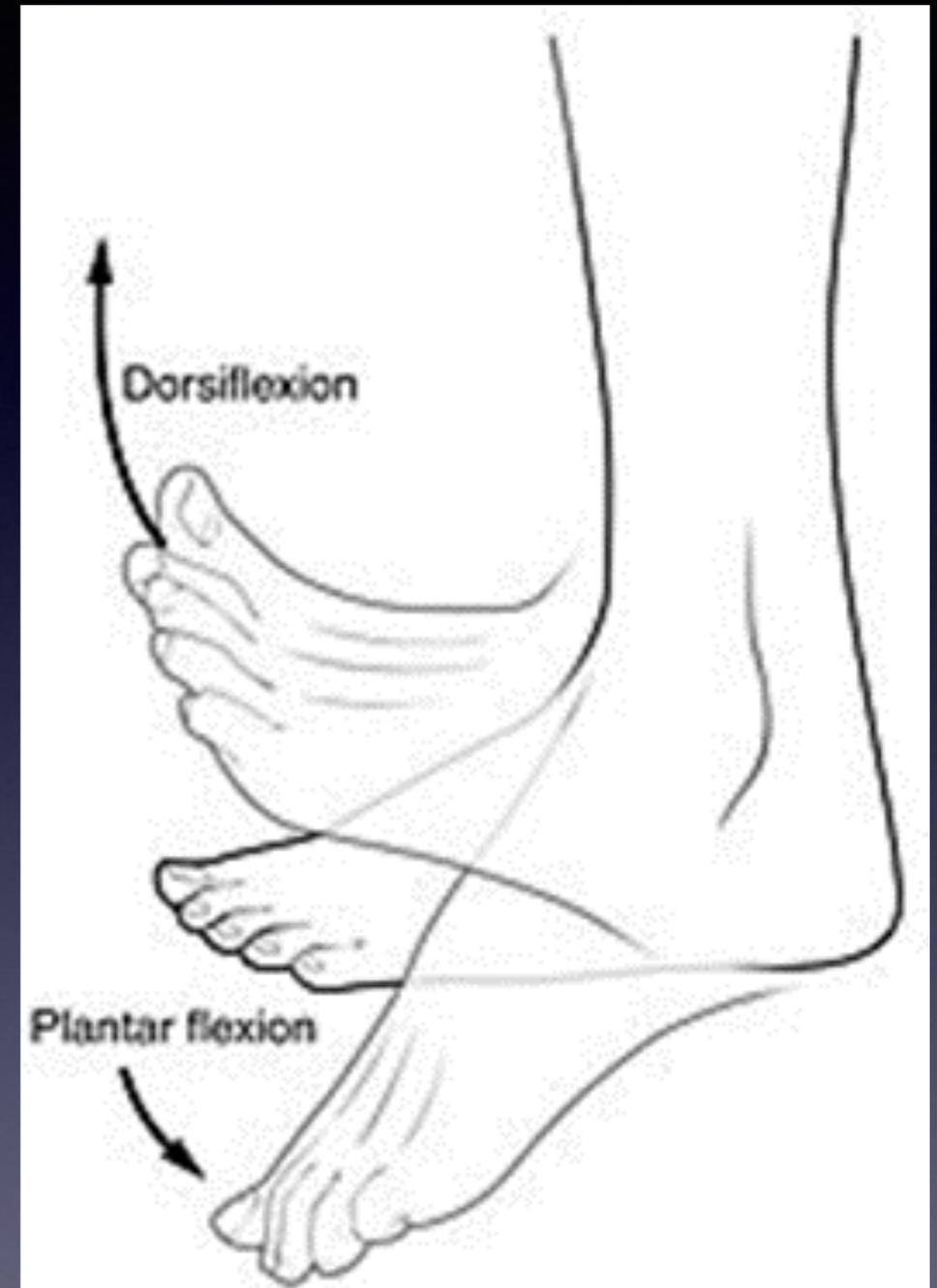


DORSIFLEXION

Backward flexion or bending

PLANTAR FLEXION

Downwards away from the leg



Inversion

Turning inward, inside out,

Eversion

Turning inside out; a turning outward



Onychomycosis

Is a fungal infection of the toenails. The actual infection is of the bed of the nail and of the plate under the surface of the nail.



Onychocryptosis

Medial or lateral margins pushing deeply into adjacent soft tissue, causing pain, inflammation, and possible infection.



Onycholysis

Is the loosening or separation of a nail from its bed.



Abscess

Is an enclosed collection of liquefied tissue, known as pus.

Cellulitis

Is a common infection of the skin and the soft tissues underneath. It happens when bacteria enter a break in the skin and spread.

Erythema

Is redness of the skin caused by congestion of the capillaries in the lower layers of the skin. It occurs with any skin injury, infection, or inflammation.



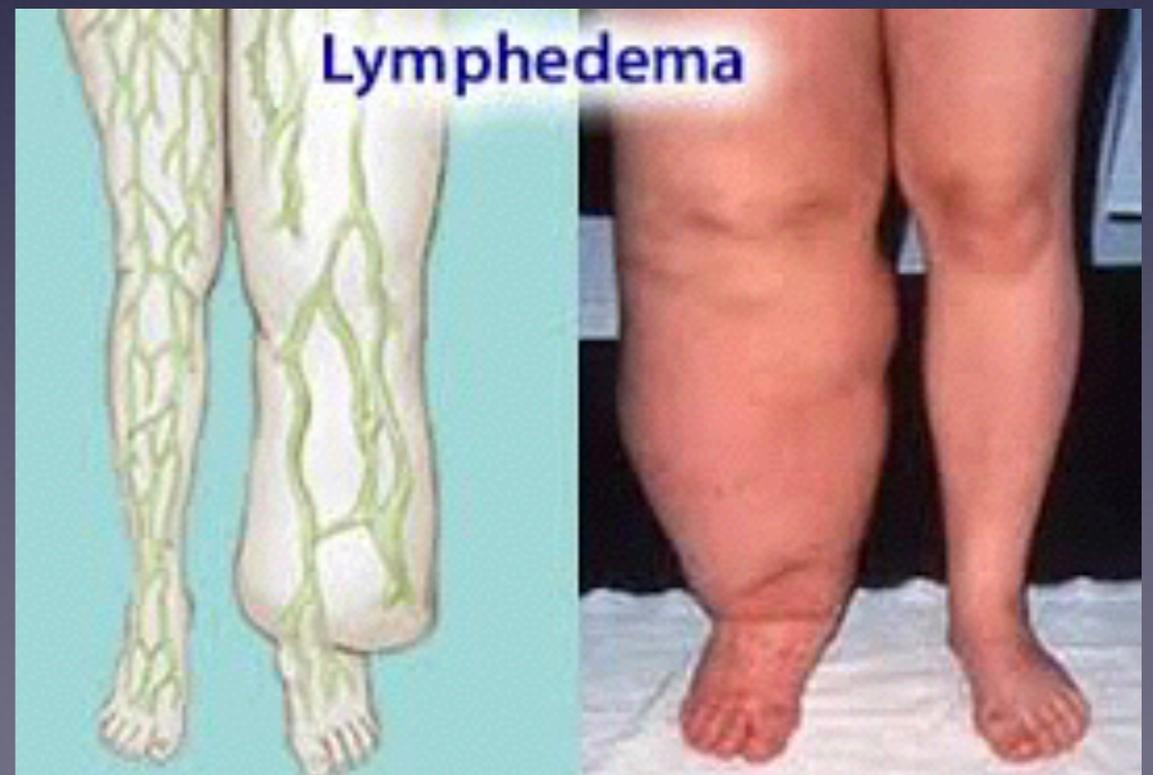
Edema

Is the abnormal accumulation of fluid in certain tissues within the body. The accumulation of fluid may be under the skin - usually in dependent areas such as the legs



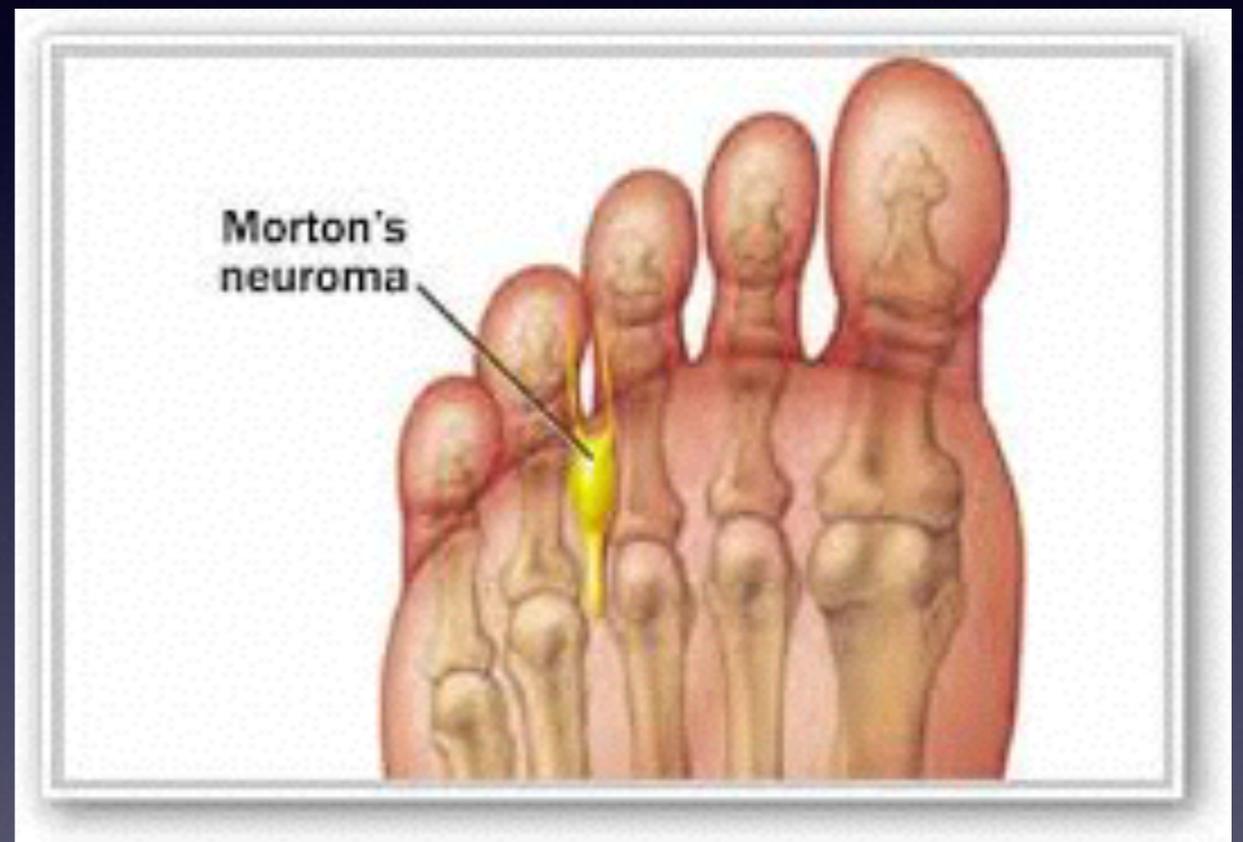
Lymphedema

Involves blockage of the lymph vessels, with a resulting accumulation of lymphatic fluid in the interstitial tissues of the body.



Morton's Neuroma

Painful enlargement of interdigital nerves



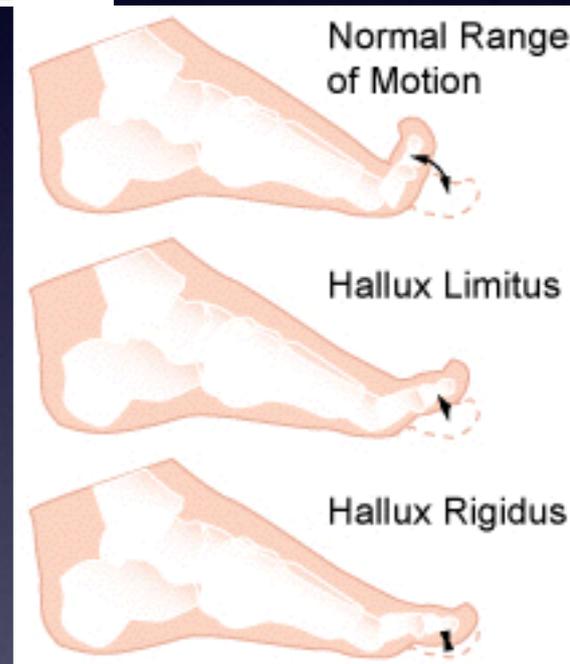
Hallux Valgus

angulation of the great toe toward the other toes of the foot



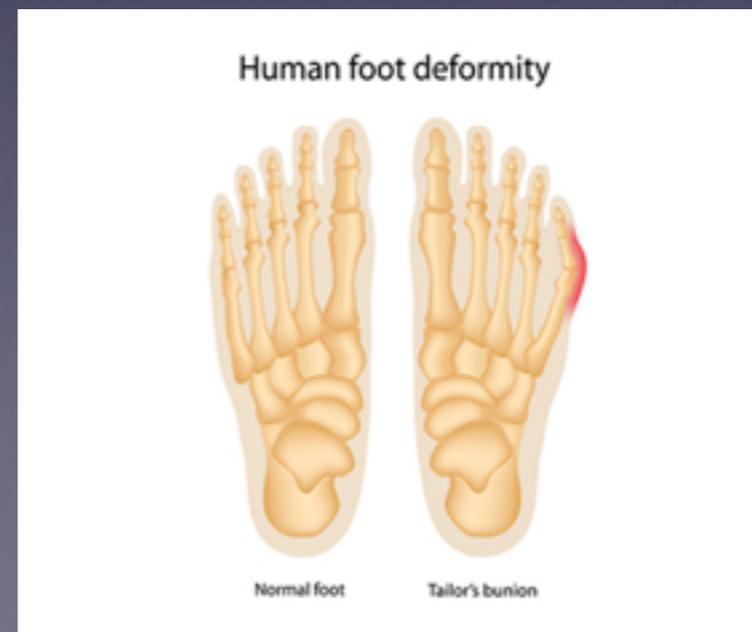
Hallux Limitus / Rigidus

painful flexion deformity of the great toe with limitation of motion at the metatarsophalangeal joint.



Bunionette/ Tailor's Bunion

Transverse-plane and rotational fifth-ray deformity, characterized by fifth metatarsal abduction,



Osteoarthritis (OA)

A condition of the joints where articular cartilage becomes worn, exposing the underlying bone. More than just “wear and tear”,



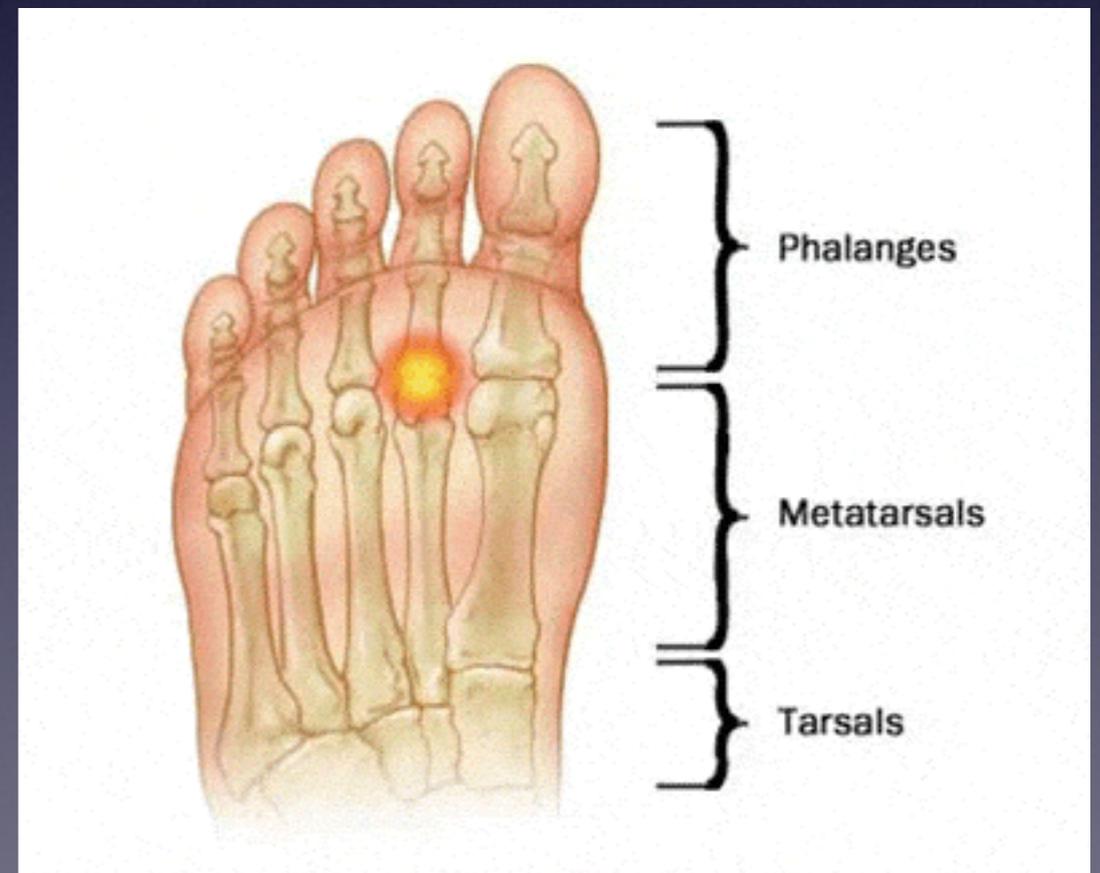
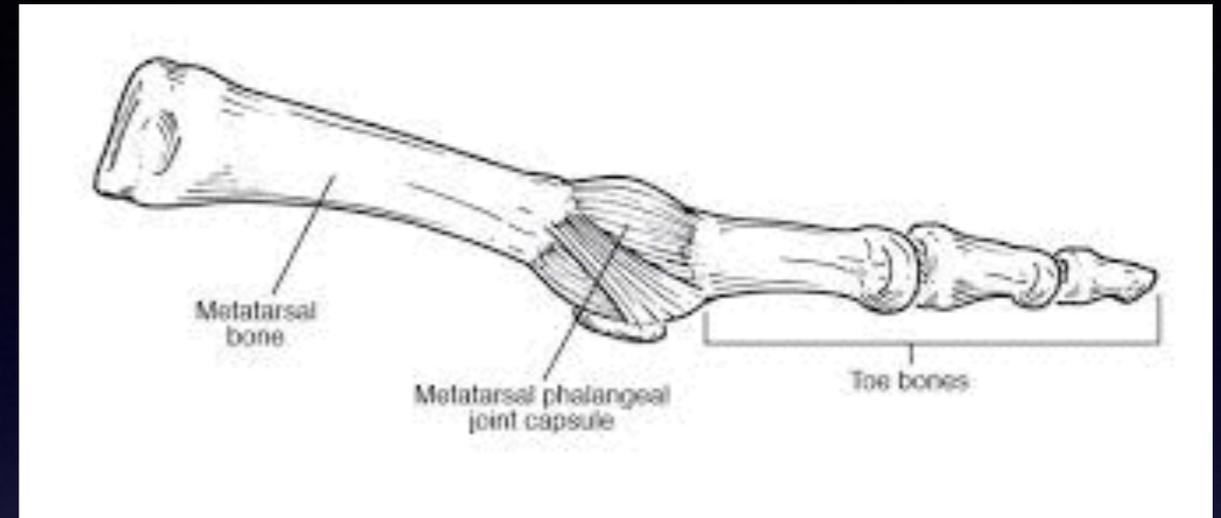
Rheumatoid Arthritis (RA)

Is a chronic autoimmune disease that causes inflammation and deformity of the joints.



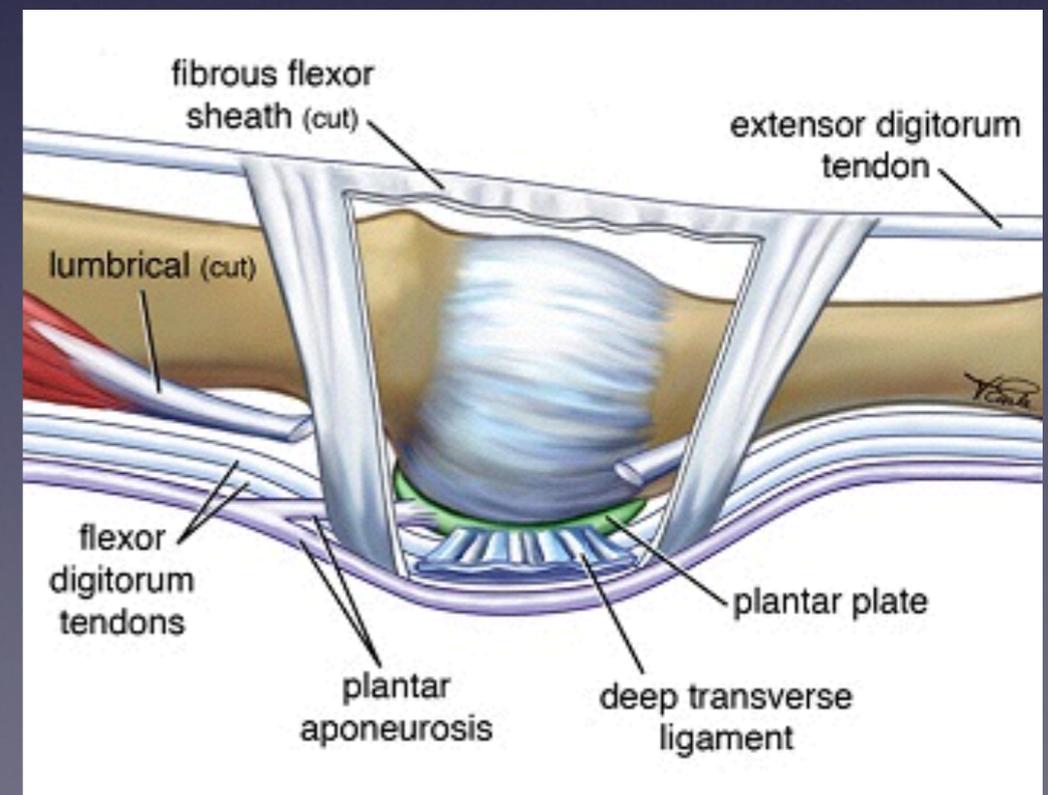
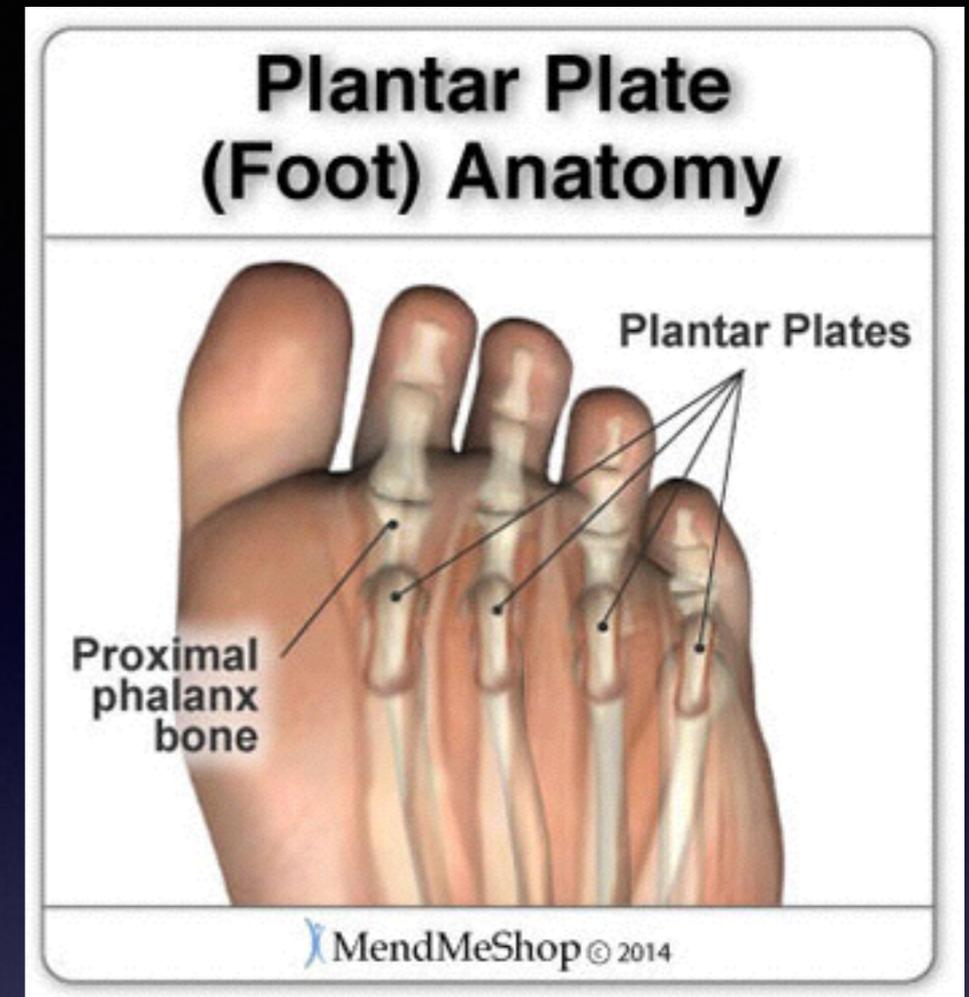
Capsulitis

Inflammation of the capsule of a joint.



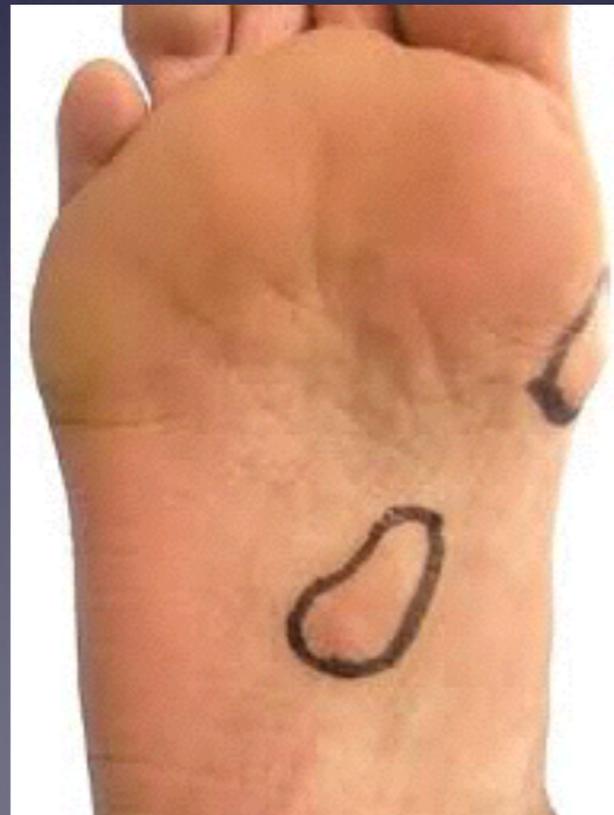
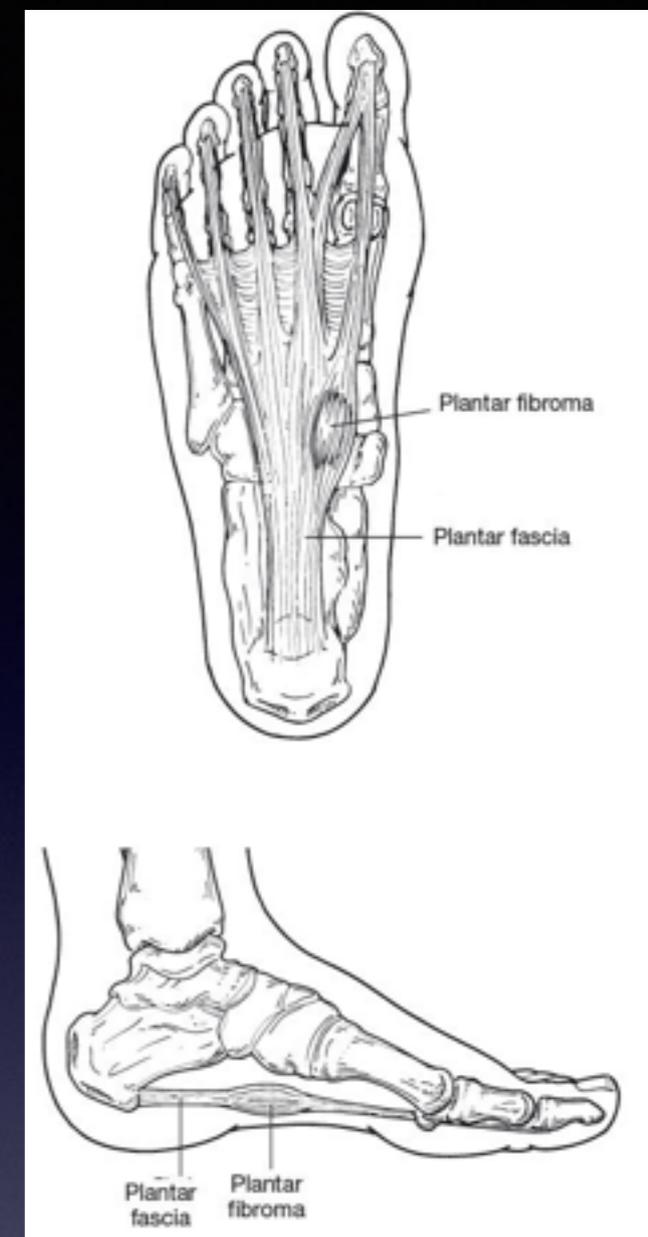
Plantar Plate

A tough, rectangular, fibrocartilaginous structure overlying plantar aspects of metatarsophalangeal joints (MTPJ)



Plantar Fibroma

Nodular fibroblastic proliferation

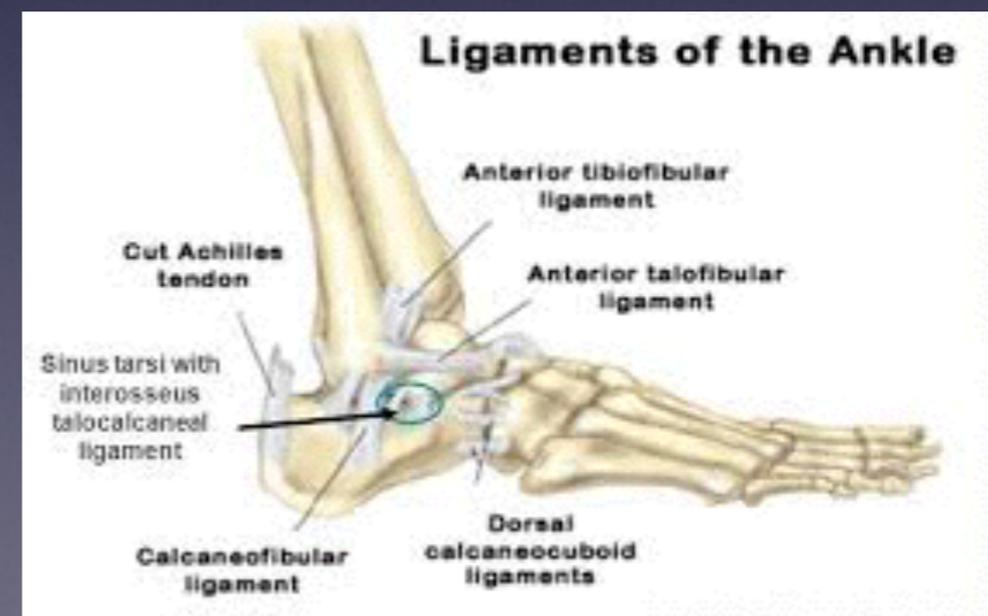
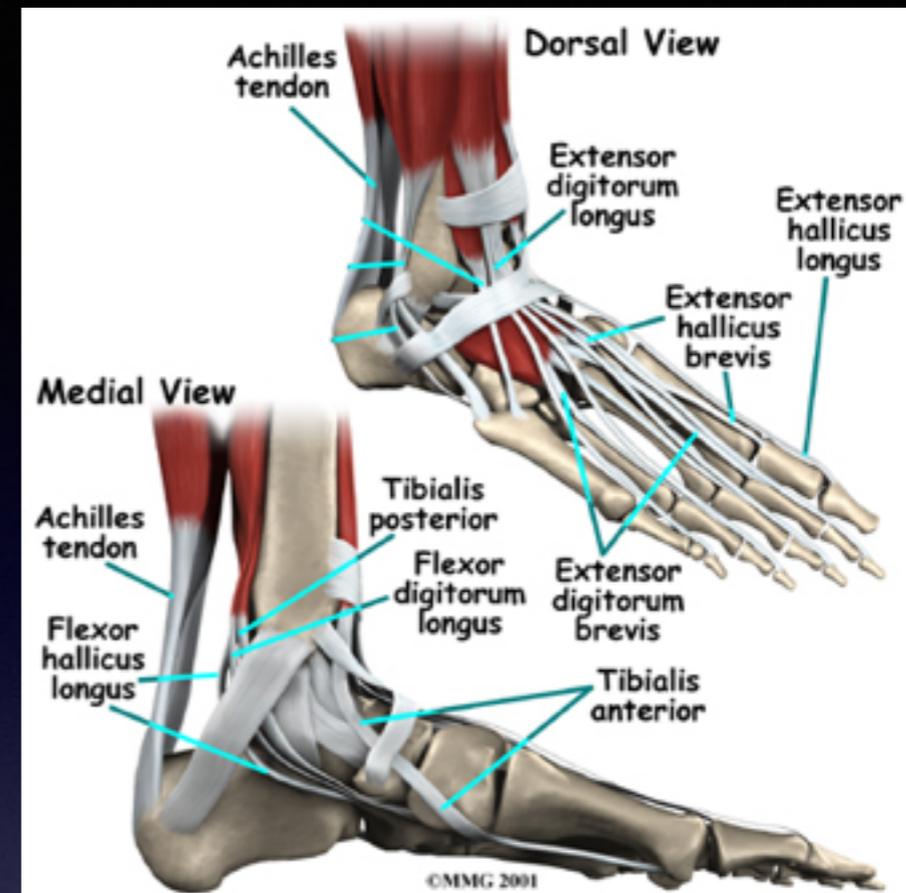


Tendons

A cord or band of strong white fibrous tissue that connects a muscle to a bone. When the muscle contracts it pulls on the tendon, which moves the bone.

Ligaments

A band of fibrous tissue connecting bones or cartilages, serving to support and strengthen joints.



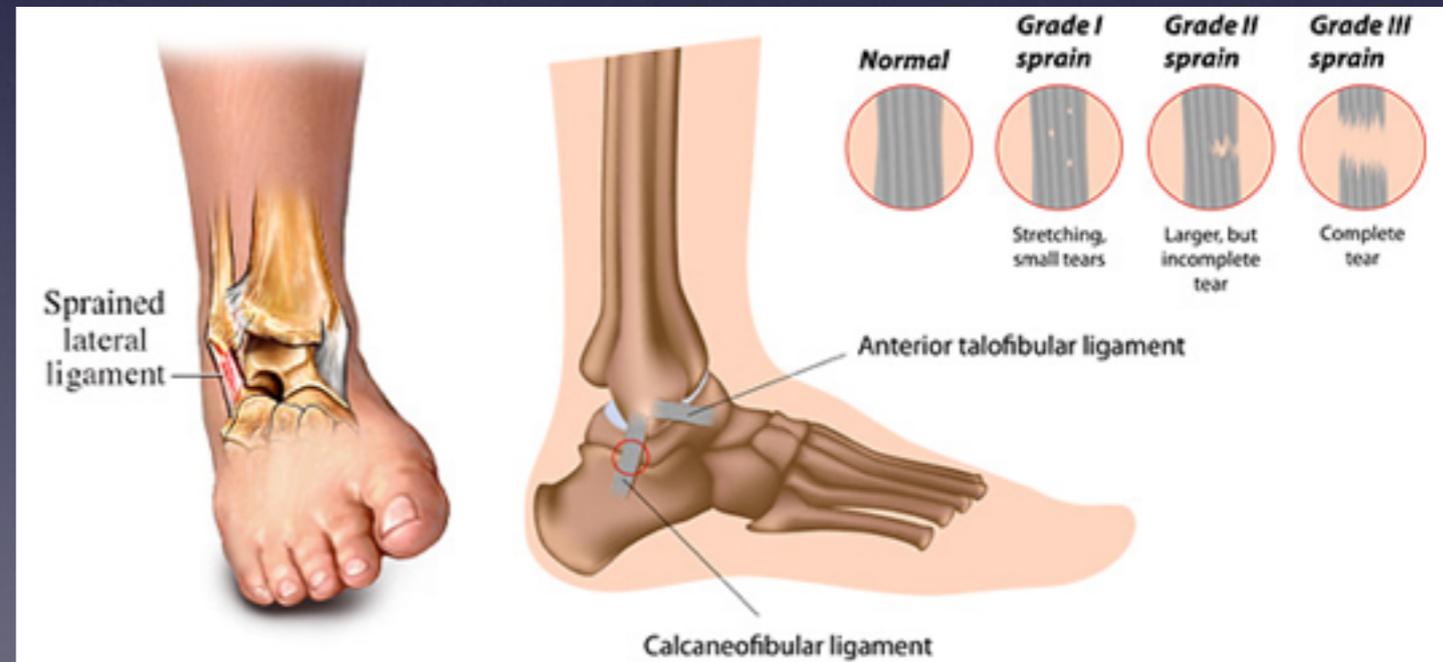
Sprain

An injury to a ligament as a result of abnormal or excessive forces applied to a joint, but without dislocation or fracture.



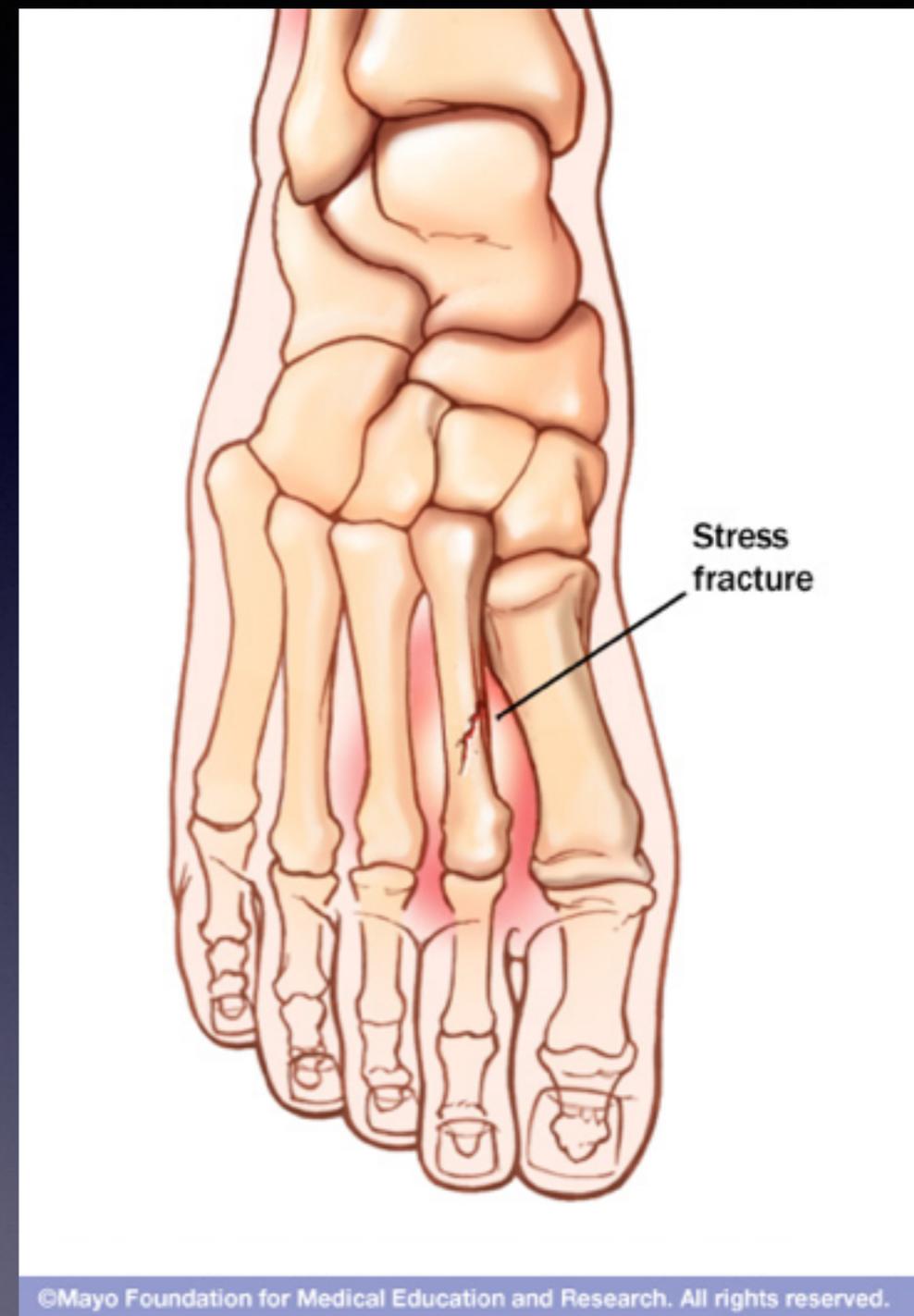
Strain

Overstretching or overexertion of some part of the musculature.



Stress Fracture

A break in continuity of bone



Fractures (FX)

Spiral

One in which the bone has been twisted and the fracture line resembles a spiral.

Greenstick

One in which one side of a bone is broken and the other is bent, most commonly seen in children.

Compound

One in which a wound through the adjacent or overlying soft tissue communicates with the outside of the body;

Oblique

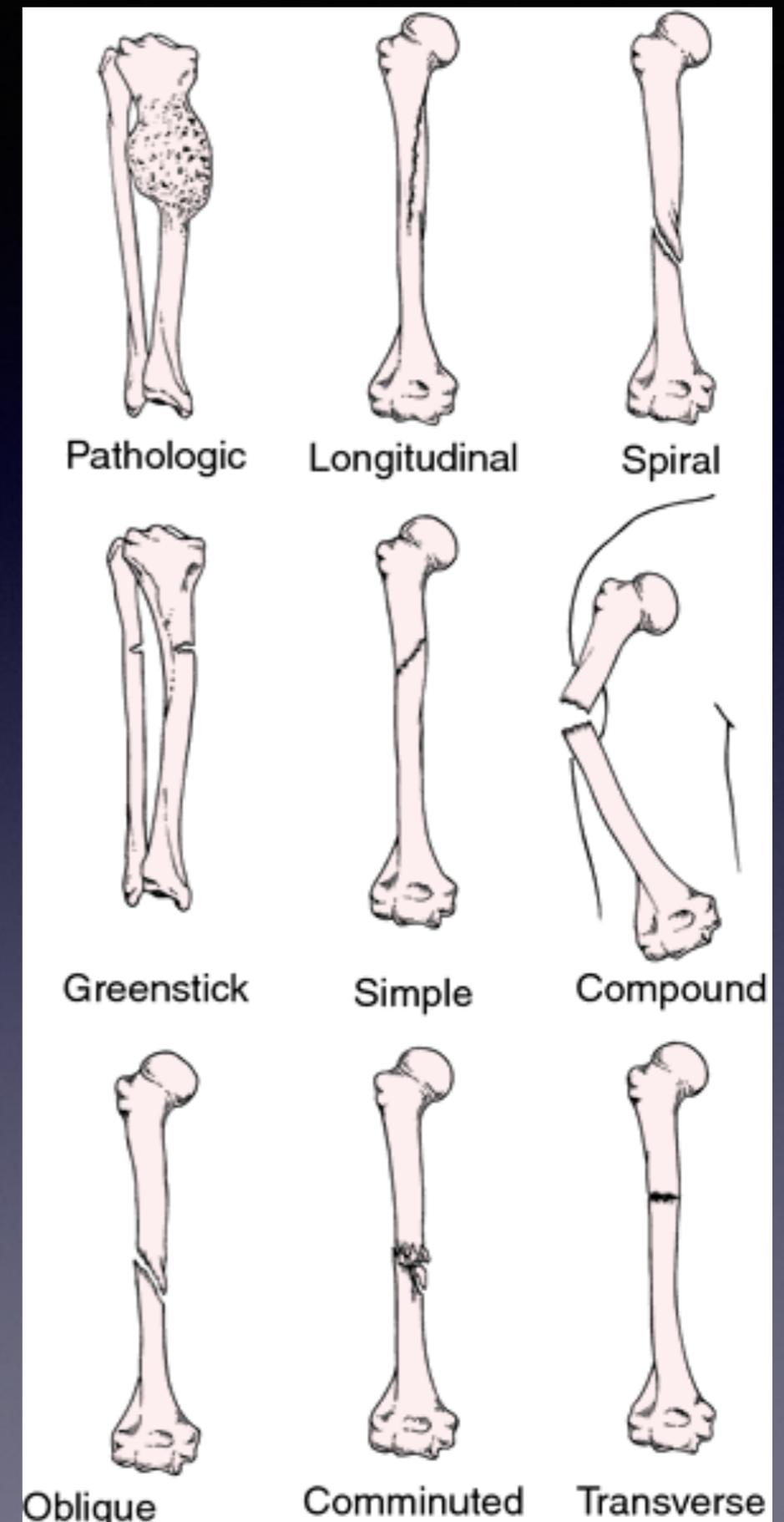
One in which the break extends in an oblique direction.

Comminuted

One in which the bone is splintered or crushed, with three or more fragments.

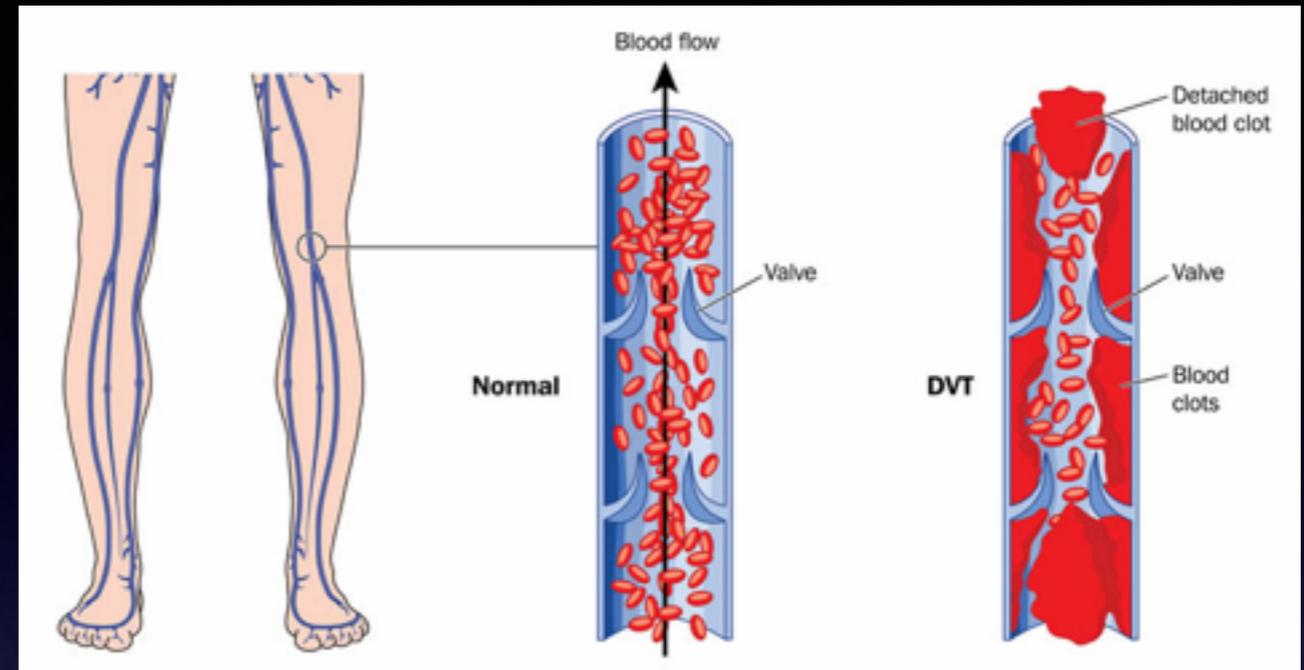
Transverse

One at right angles to the axis of the bone.



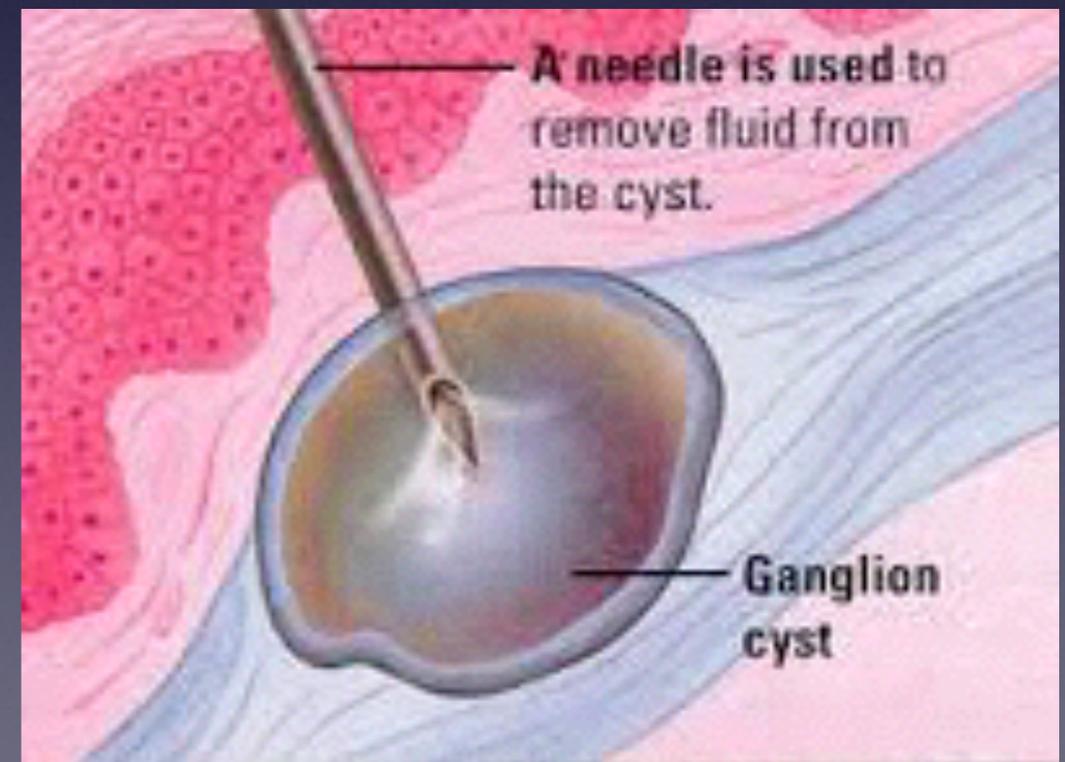
Deep Vein Thrombosis (DVT)

Is a blood clot in a major vein that usually develops in the legs and/or pelvis.



Ganglion Cyst

Collection of fluid or benign tumor mass within tendons



Dry Gangrene

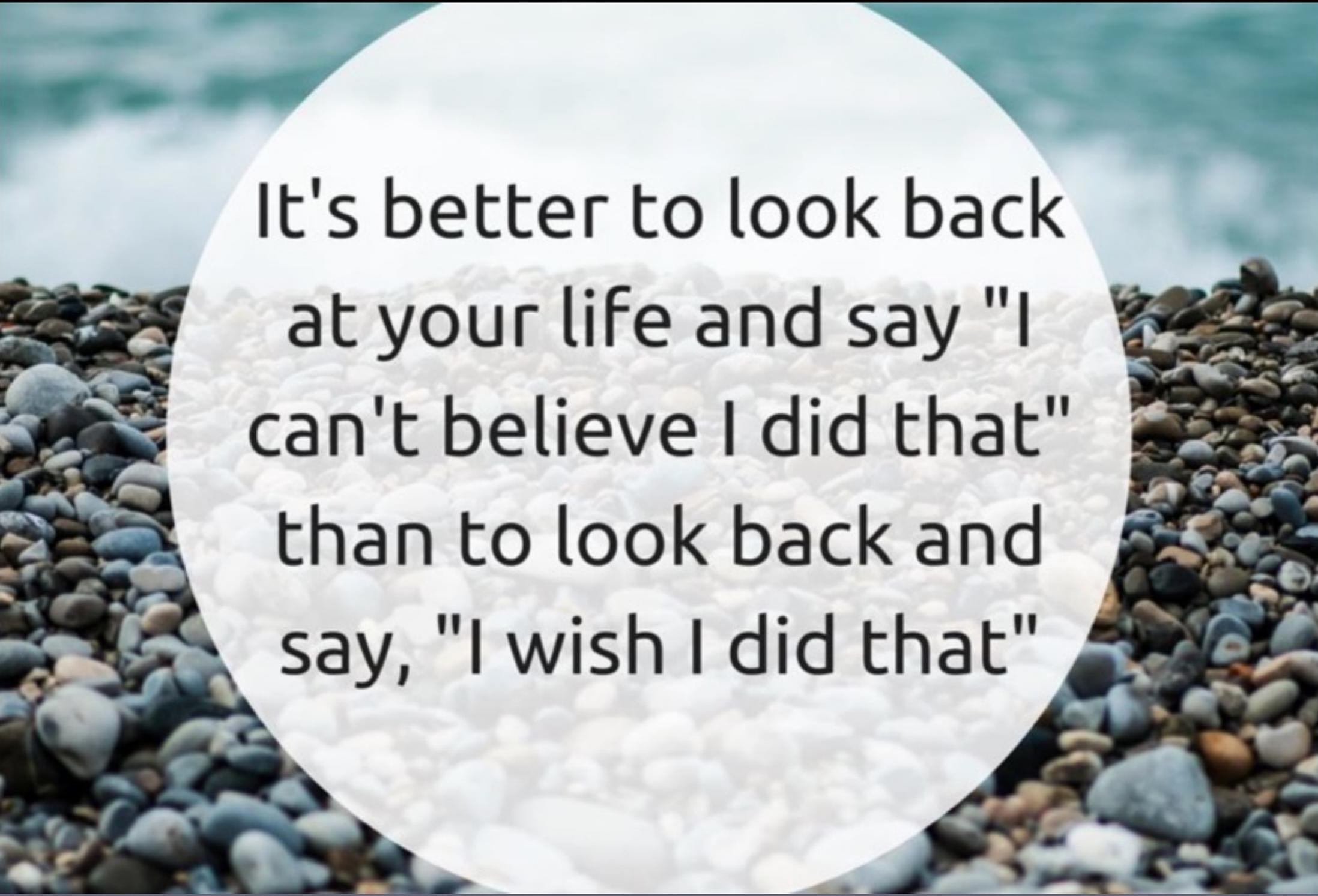
A result of loss of blood supply from arterial obstruction in which infection has not occurred. The tissues shrivel, mummify and the gangrenous extremity may drop off.



Wet Gangrene

Ischemic necrosis of an extremity with bacterial putrefaction, producing cellulitis adjacent to the necrotic areas





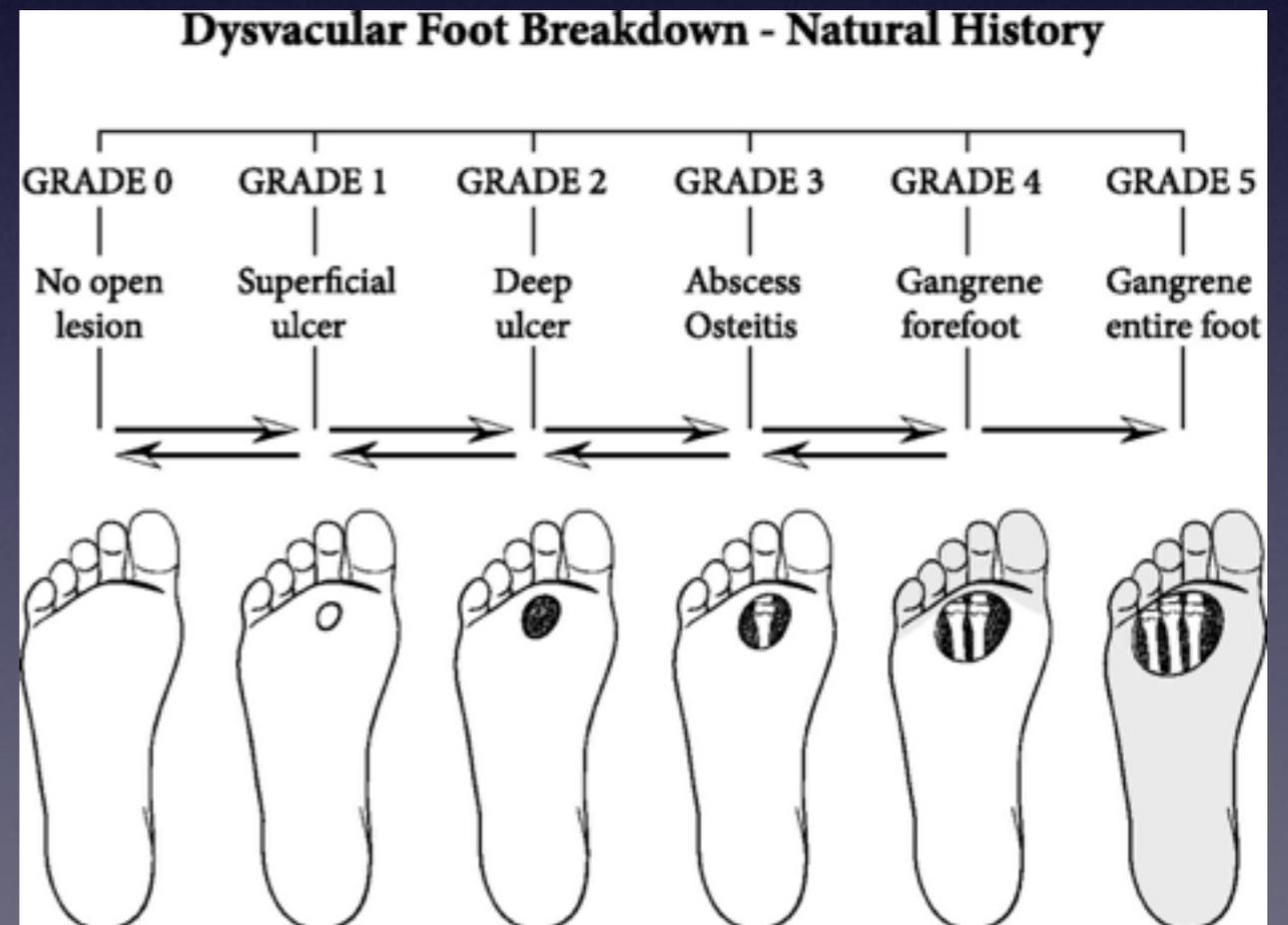
It's better to look back
at your life and say "I
can't believe I did that"
than to look back and
say, "I wish I did that"

Fissure

A long narrow opening; a crack



Ulceration



Claw Toe

Hyperextension and subluxation of a metatarsophalangeal joint, with flexion deformity of the interphalangeal joints and transfer of weight-bearing to the metatarsal head

Mallet Toe

A flexion deformity of the distal interphalangeal joint of the lesser toes, affecting a single toe or two adjacent toes

Hammer Toe

A deformity of a toe in which the proximal phalanx is extended and the second and distal phalanges are flexed

Curly Toe

A congenital deformity in which one or more toes are deviated plantarward, medially, and rotated laterally at the distal interphalangeal joint

