Step away from foot pain

Common problems and how to treat them

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Across from NOVA Community College

- **Achilles tendinitis.** Irritation and inflammation of the tendon attaching the calf muscle to the back of the heel bone. Can result from improper warm-up or overtraining. Treatment: ice, rest, aspirin or anti-inflammatories. Chronic pain requires professional treatment.

- **Bunions.** Misaligned big toe joints, which slant toward other toes and become swollen and tender. Tend to be hereditary but can be aggravated by narrow shoes. Treatment: Advanced cases require surgery.

- **Heel spurs.** Bone growths on the underside of the heel bone. Occur when the tendon along the bottom of the foot pulls at its attachment to the heel bone. The area may calcify to form a spur. Treatment: Professional help often is needed. Proper warm-up and appropriate shoes can reduce ligament strain.

- **Ingrown toenails.** Nails whose corners dig painfully into skin. Often caused by improper nail trimming but also by shoe pressure, injury, fungus infection, heredity or poor foot structure. Treatment: Frequent soaks in warm, soapy water may help, but professional help may be needed. Prevention includes trimming nails straight across and choosing proper shoes.

- **Neuromas.** Enlarged, benign growths of nerves, most commonly located between third and fourth toes; caused by friction on nerves. Pressure from ill-fitting shoes or abnormal bone structure can contribute. Treatment: shoe inserts or cortisone injections. Problem may require surgery.

- **Plantar fasciitis.** Heel pain commonly traced to an inflammation of the long band of connective tissue running from the heel to the ball of the foot. Can result from biomechanical imbalance, improper shoes, sports injury or obesity. Treatment: rest, ice, anti-inflammatories. Specialized shoe inserts and exercises may help. Get professional help.

- **Sesamoiditis.** Sometimes called “ball bearings” of the foot, sesamoids are two small bones under the first metatarsal, or instep. Can become inflamed during exercise. Treatment: professional help; proper shoes, inserts.

- **Shin splints.** Pain on either side of the shinbone from muscle or tendon inflammation. Often related to excessive foot pronation (collapsing arch), but may result from imbalance between opposing muscle groups in the leg. Treatment: Get help; condition can worsen. Stretching, shoe inserts can help.

- **Stress fractures.** Incomplete cracks in bones caused by overuse. Treatment: complete rest. Untreated, they can become full fractures, requiring casts. Extra padding in shoes can prevent the condition.
Dr. Mark D. Dollard, Podiatrist  
Specializing in Foot and Ankle Disorders

For over 20 years, Dr. Mark Dollard has been providing Podiatric medical services for the care of foot and ankle disorders to the Northern Virginia region. His practice “The Loudoun Foot and Ankle Center” specializes in reconstructive surgery and medical care of a variety of pathologies including: Bunions, Heel Pain, Ingrown Toenails, Arthritic disorders, Diabetic Disorders, Sports-medicine trauma, neuromas, hammertoes, Tendonitis, Flatfoot pain and general foot problems.

Dr. Dollard is a noted author and speaker, serving as the 2003 National Scientific Chairman for the American Podiatric Medical Association’s, National Scientific Conference. He presently serves as the Chairman of the Mid-Atlantic Podiatric Medical Association for the States of Virginia, Maryland, Washington DC and West Virginia. He has served as the local President of the Northern Virginia Podiatric Medical Association, and sits on the Board of the Virginia Podiatric Medical Association. In this capacity, he has been elected as the Virginia Delegate to the American Podiatric Medical Association. His dedication to education has earned him Clinical appointments to the Orthopedic Faculty of Georgetown University Medical Center, and to the Podiatry Faculty of the Northern Virginia Podiatric Surgical Residency Program.

Dr. Dollard has traveled and lectured worldwide on many topics in Sportsmedicine. He has served as the National Sportsmedicine Committee Chairman for the Amateur Athletic Union, the largest volunteer multi-sport amateur organization under the Olympic umbrella. His concern for safety in sports has earned him an appointment to the Board of the National Alliance of Youth Sports “NAYS”. NAYS has certified over 1 million coaches in sports safety nationwide and promotes the psychological and physical welfare of children in youth sports. He was named one of the top ten Movers and Shakers in Podiatric Sportsmedicine in 1997 by the publication, “Podiatric Management Magazine”.

Dr. Dollard invites you to visit his well-established practice with his dependable courteous staff, providing a full and complete range of Podiatric services. He holds staff membership at Loudoun Hospital Center, Reston Hospital Center, Inova Fairfax Hospital, Georgetown University Medical Center and Inova Fair Oaks Hospital.

For Appointments Call:  
(703) 444-9555

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Directions:
Loudoun Foot and Ankle Center is located at the corner of Route 7 and Potomac View Dr, across from Northern Virginia Community College in Sterling.