

sci.med: Re: Ankle Problems–Please suggest ANYTHING–Thankyou!!

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Surgeons want to do surgery. Stop going to the surgeon. "If you continue to do what you have always done, you will continue to get the result you have always got."

See a physical therapist. Look in the yellow pages and find someone who has a master's degree, preferably, one who advertises "active" therapy, and one who specializes in foot and ankle.

If there is a university medical school near you with a Rehabilitation Medicine School, call and ask for a referral of someone very experienced in diagnosing and rehabing ankle injuries post surgery, where the surgery didn't work. (Trust me, they've heard this before).

You will get an impartial assesement and be able to decide from there is you want to take on therapy. But be warned, there is no quick fix with physical therapy. (Looks like *no* fix with surgery).

Zee