

## Re: Foot injury--please help

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You might like to investigate a phenomenon called Reflex Sympathetic Distrophy (they changed the name recently, but I can't remember the new one). You should have no trouble finding it on Google.

Andrew

<[wtrnshade@xxxxxxxxxxxxxxxx](mailto:wtrnshade@xxxxxxxxxxxxxxxx)> wrote in message  
[news:1152902006.917247.85340@xx](mailto:news:1152902006.917247.85340@xx)

Hi,

I'm new to these groups, and b/c the podiatry groups have very low activity, I am posting here--hope that's appropriate, b/c I really need help.

Last September I suffered a foot injury. While working, a coworker lowered a truck lift gate onto my right foot, crushing the top. I was taken to an urgent care clinic where the Physican's Asst. (never saw a doc) thought the XRay revealed a fracture on the top of the foot. Days later, the radiology report did NOT confirm this and I was told that it should heal fine if I restricted to light activity. As this was a worker's comp claim I needed multiple doc visits to my case was transferred to a clinic nearer my home.

Well, my foot did heal about 60% within 2 months, but in the last 8 months it has not improved. I still have bruising on the top of my foot, (red, orange and brown) and I have developed nerve damage that radiates to my big toe. The outside of the toe is always numb as is the top of my foot, (although it hurts if pressure is applied to the bruise) and if a certain area of my foot is touched it shoots pins and needles to my toe.

Here is the treatment I have received so far:

Ultra sound--beginning 3 months after injury, lasting 2 months (2x a week) to break up bruise. When it had no effect they re-Xrayed the foot and still found no fracture. The PT said since the treatment

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wasn't helping to see someone else.

Lawyer referred me to a doc. He took yet another set of Xrays and confirmed no break. CT scan and MRI were done. The results were that I had a bone spur, but he said that it was no big deal and was totally unrelated to my pain/injury and told me that with time the crush injury would heal itself. I assumed the spur was not in the location of my injury. When 5 more months without improvement passed and I questioned his lack of treatment he said I probably need surgery to release the nerve, that the surgery might not be effective, the bruising would be permanent, and that I should get another doctor. I agreed, as this guy was a tool.

Lawyer sent me to a chiropractor. (I know, it's ridiculous, but he's just going to write the report, I'm going to be sent to an ortho surgeon) When he Xrayed the foot he saw the bone spur at the site of injury. He said it probably WAS causing my problem, (nerve pain started 4 months after injury) b/c it was prob. fractured in the first place and the spur developed when the bone wasn't healing properly, thus causing the nerve pain. I have to wait another week to have these results confirmed with a radiologist, but since prior tests revealed the spur, I think it's a no brainer.

Here's my question: If all of this is true-- foot WAS fractured after all, spur developed, which damaged nerve, etc.. what should I be doing with my foot? Should I stay off of it as I would have if the fracture had been diagnosed in the first place, or is it too late? Will they most likely perform surgery to remove the spur and free the nerve? After 10 months, what kind of recovery can I expect--full, partial? How long will I have to stay off the foot after the surgery? (which I will only have if there is a good chance of success.) How big will the scar be? I've heard that if nerve damage lasts beyond 3-6 months, the chance of recovery goes way down, which upsets me to no end. Also, could that be causing the bruising? The spur is small and the bruise is several inches across.

This has greatly reduced my pleasure in life. I can't wear most shoes comfortably, can't wear fins (used to SCUBA, now I can't) have gained weight b/c I can't exercise like I used to, and it just plain hurts. And, of course I'm furious at all the people who misread the Xrays, esp. the doc that did nothing for me for 5 months, even after the spur was found. It's going to take weeks to be referred to an ortho-surgeon (worker's comp sucks) and so I'm trying to find out what I should do in the meantime. If anyone could answer some of these questions I'd be so grateful. I just haven't been getting good medical care and it's so frustrating.