Complete Foot and Ankle Care

The Foot & Ankle Service at SUNY Downstate Medical Center provides complete evaluation and diagnosis as well as both surgical and non-surgical treatment for individuals with a variety of foot and ankle problems, including athletic injuries, fractures, arthritis and deformities.

Dr. Jaime Uribe, Director of the Foot & Ankle Service, is the only academic orthopaedic foot and ankle specialist in Brooklyn. He and his unique multidisciplinary team include orthopaedic surgeons, podiatrists, orthotists, physical therapists and wound care specialists, as well as a gait and motion analysis laboratory.

We specialize in treating all foot and ankle problems, including diabetic foot treatment, advanced foot and ankle reconstruction, post-traumatic ankle reconstruction, rheumatoid reconstruction, plantar fasciitis and vascular necrosis. The latest state-of-the-art techniques, such as total ankle replacement and allograft reconstruction, coupled with advanced wound healing techniques, allow us to offer new options for patients who previously were destined for fusion or amputation.

We employ the most advanced medical, surgical, and rehabilitative techniques to achieve rapid recovery and optimal long-term results. We are dedicated to keeping our patients' feet in the healthiest condition.

It is estimated that 75-80% of Americans will experience a foot problem in their lifetime.

Practice Locations

University Hospital of Brooklyn
470 Clarkson Avenue, Lower Level, Brooklyn, NY 11203
710 Parkside Avenue, Brooklyn, NY 11226

Long Island College Hospital
97 Amity Street, Brooklyn, NY 11201

Park Slope
33 Prospect Park West, Brooklyn, NY 11215

Bay Ridge
9202 Fort Hamilton Parkway, Brooklyn, NY 11209

Canarsie
9413 Flatlands Avenue, Suite 102 East, Brooklyn, NY 11236

We Treat the Following Foot and Ankle Conditions:

- Abcess
- Achilles Tendinitis / Rupture
- Ankle Instability
- Ankle Pain
- Ankle Sprains
- Ankle Tendon Injuries
- Arch Pain
- Arthritis
- Athlete's Foot
- Bunions
- Bursitis
- Cavus Foot (High-Arch)
- Charcot Foot
- Claw Toe
- Clubfoot
- Congenital Deformities
- Corns and Calluses
- Cracked Heels
- Crooked Toes
- Diabetic Foot Problems
- Diabetic Neuropathy
- Eczema of the Foot
- Fallen Arches
- Flat Feet
- Fractures of Feet and Ankles
- Foot Odor (Bromhidrosis)
- Fungal Infections
- Ganglion Cysts
- Gout
- Hammertoes
- Heel Pain
- Infections
- Ingrown Toenails
- Neuromas
- Osteoarthritis
- Peripheral Vascular Disease
- Plantar Fasciitis (Heel Pain)
- Plantar Warts
- Rheumatoid Arthritis
- Sesamoiditis
- Soft Tissue Masses / Tumors
- Sports Injuries
- Stress Fractures
- Sweaty Feet (Hyperhidrosis)
- Tarsal Tunnel Syndrome
- Tendon and Joint Pain
- Tingly Feet
- Toenail Problems
- Vascular Ulcers

Most insurance plans are accepted, including Medicare, No Fault, Workers' Compensation and Managed Care Plans.

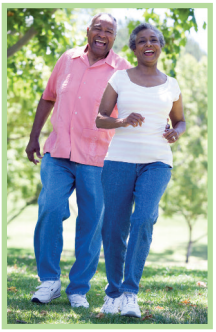
Call for an Appointment or Additional Information
(718) 270-2045

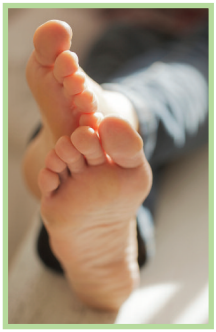
MAILING ADDRESS
450 Clarkson Avenue, Box 30, Brooklyn, NY 11203

www.downstate.edu/orthopaedics

University Orthopaedic Associates

Foot & Ankle Center





An Affiliate of SUNY Downstate Medical Center
Department of Orthopaedic Surgery & Rehabilitation Medicine

SUNY Downstate Medical Center
University Orthopaedic Associates

(718) 270-2045

Surgical and Non-Surgical Options

SUNY Downstate Medical Center is equipped with some of the most modern, state-of-the-art equipment available. A thorough evaluation of the entire lower extremity may require comprehensive diagnostic testing, including gait analysis, X-ray, ultrasound, MRI, or nerve testing, all available within our facility.

Many foot and ankle problems can be remedied with conservative care, such as lower extremity-specialized physical therapy, bracing, cast immobilization, orthotics/prosthetics and injection therapy.

For patients with conditions that fail to respond to conservative care, surgical intervention may be necessary. Foot and ankle surgery includes the treatment of fractures, repair of tendons and ligaments, correction of deformities, management of ankle instability, ankle replacements, and post-traumatic and rheumatoid foot and ankle reconstruction.

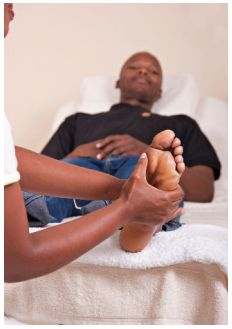
The 52 bones in your feet make up about one quarter of all the bones in your body.

Reconstructive Surgery

Reconstructive surgery of the foot and ankle, including revision surgery and arthroscopy/sports medicine, consists of complex surgical repair that may be necessary to regain function or stability, reduce pain, and/or prevent further deformity or disease. There are many conditions or diseases, ranging from trauma to congenital or acquired defects, that may necessitate surgery, for example, failed hindfoot fusions, diabetic foot complications, rheumatoid arthritis, and more common problems such as bunions and hammertoes.

Reconstructive surgery may require any of the following: tendon repair/transfer, fusion of bone, joint implantation, bone grafting, skin or soft tissue repair, tumor excision, amputation and/or osteotomy (whereby a bone is cut to shorten, lengthen or change its alignment). Bone screws, pins, wires, staples, other fixation devices (both internal and external), and casts may be utilized to stabilize and repair bone in reconstructive procedures.

Diabetic Foot Center



Diabetics are at risk for some of the most serious foot problems.

According to the American Diabetes Association, nearly 20 million adults and children in the US—7% of the population—have diabetes.

Peripheral neuropathy is a common complication of diabetes, because high blood sugar levels can damage the nerves. Diabetes also causes poor circulation which can affect the body's ability to heal when damage occurs. Diabetics with neuropathy can develop sores and cuts that they may be unaware of due to the lack of feeling in their feet. If left untreated, these minor sores can lead to ulceration and possibly even amputation. Neuropathy can also cause painful deformities such as bunions, hammertoes and Charcot foot.

A small problem for most people can escalate into a catastrophic situation for someone with diabetes or peripheral vascular disease. If you are diabetic, exercise to increase circulation, don't smoke, limit alcohol consumption and see your doctor regularly. When something does go wrong, see your doctor immediately. The sooner treatment is started the better.

According to the Center for Disease Control and Prevention, comprehensive foot care programs can reduce amputation rates by 45% to 85%.

Prescription Foot & Ankle Orthotics

Foot and ankle pain may be caused by a number of conditions, such as plantar fasciitis, bunions, hammertoes or calluses, which occur due to structural problems in the foot. These symptoms may be helped with orthotics—custom-molded inserts for the shoes which help your foot to function better and support the arch area. By doing so, the tendons and plantar fascia relax, which eliminates the pain.

If the problems are at the ankle level, and not in the foot, then an ankle-foot orthoses (AFO) may be appropriate. These devices are used to treat conditions such as dropfoot, ankle arthritis and clubfoot.

Our Physicians

Jaime A. Uribe, MD

Director, Foot & Ankle Service
Medical Director, Diabetic Foot Center
Assistant Professor of Orthopaedic Surgery

Training:
Javeriana University, Colombia
Residency: Javeriana University, Colombia
Fellowship: Union Memorial Hospital, Baltimore
Fellowship: Mercy Medical Center, Institute for Foot & Ankle Reconstruction, Baltimore (Affiliate of Johns Hopkins)

Specializing In:
Foot Deformities, Total Ankle Replacement, Limb Salvage, Foot & Ankle Reconstruction, Lower Extremity Trauma

Suzanne G. Braun, DPM

Foot & Ankle Service, Podiatry
Clinical Instructor

Training:
New York College of Podiatric Medicine
Residency: Parsons Hospital, Flushing, NY

Specializing In:
General Podiatry, Diabetic Foot & Wound Care

Jaideep Chopra, DPM

Foot & Ankle Service, Podiatry
Clinical Instructor

Training:
New York College of Podiatric Medicine
Residency: Veterans Administration Hospital, Richmond, VA

Specializing In:
General Podiatry, Diabetic Foot & Wound Care