

ABOUT

Empire Podiatry is built on trust. Not only do we dedicate our practice to helping New Yorkers walk better, our offices are open to all families and all orientation. Our trusted doctors utilize the latest cutting-edge technology in podiatry care to best put our patients first. We practice non-invasive and often non-surgical procedures to journey our patients back to health.

Making our patients' health the only priority, Empire Podiatry has a growing reputation as a reliable source to bring active solutions for all foot problems.

Our doctors strive to make the patients' experience both convenient and rewarding. Patients are encouraged to be collaborators of the decision-making process; our team of doctors will fully explain all treatment options for their condition. The goal is to customize a healing plan that would effectively restore our patients back to optimum health.

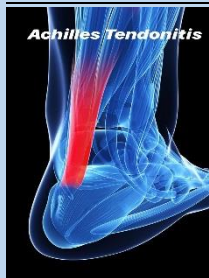
The doctors at Empire Podiatry are supportive and aim to create a seamless experience for our patients. Keeping our lines short, we offer same-day appointments and accept virtually all insurance, including Medicaid, Medicare and Workers Compensation 1199.

Empire Podiatry will get you mobile again.

www.empirepodiatry.com

SERVICES

Achilles Tendonitis



Achilles Tendonitis is overuse and degeneration of the tendon that runs down the back of your lower leg, causing inflammation and swelling. The problem occurs from repetitive stress of the tendon. Symptoms include: Pain and stiffness along the Achilles tendon in the morning; pain along the tendon or back of the heel that worsens with activity; severe pain the day after exercising; thickening of the tendon; bone spur also known as insertional tendinitis; and swelling that is always present

and worsens throughout the day with activity. If you experience a sudden "pop" in the back of your calf or heel, then your Achilles tendon may have been ruptured. Contact our doctors immediately if you are experiencing any of the symptoms above.

Recommended Treatment

Rest the affected area by decreasing or even stopping all physical activity associated with the injury. Ice the most painful area 20 mins on or off throughout the day. Utilizing non-steroidal anti-inflammatory medications such as ibuprofen and naproxen can reduce the pain and swelling. In addition to physical therapy, exercises like calf stretch; eccentric strengthening protocol; bilateral heel drop; and single leg heel drop will help to alleviate the pain. Before applying these exercises, see our doctors first as supportive shoes and orthotics may be a requirement. In worse cases, surgery is the only option.

How can we help?

The doctors at Empire Podiatry are experts in diagnosing and treating all cases of achilles tendonitis. Providing that conservative methods did not subside your pain, our doctors will treat and restore you back to great physical health. Our method also includes utilizing the latest, minimally invasive surgical treatment option. We will also provide valuable advice to ensure that the injury is not repetitive.

Ankle Sprains & Fractures



Ankle Sprain & Fracture is typically a childhood injury. A fracture in the ankle, is a break in one or more of the bones i.e. the tibia, fibula, and talus.

The Growth Plates are injured when a fracture occurs at the end of the tibia and fibula. Developing cartilage tissue is essentially growth plates, which regulates bone growth. Bone growth determines the shape and length of the adult bone.

Seek immediate attention from our trusted doctors, who will nurture the development of the adult bone. A growth plate fracture in the ankle's long-term effect can cause the leg to grow crooked or unequal in length.

Recommended Treatment

Hurting your foot or ankle can be extremely painful and moving around can cause further injury. Remembering the acronym **RICE** will help to alleviate the pain.

Rest—Resting your foot or ankle will allow for better evaluation by our doctors. Any physical activity such as: walking, running, or playing sports will worsen the injury.

Ice—Apply ice to the affected area immediately, for 15–20 minutes every three or four hours for the first 48 hours, post injury. Applying ice will decrease inflammation.

Compression—Using an Ace® wrap to secure the injured foot or ankle will give support to the joints. Be sure to snug the wrapping firm, not too tight to cut off circulation.

Elevation—Elevating your foot will decrease swelling. Using couple pillows will do the trick. Ideally, your foot or ankle should be higher than your heart.

How can we help?

If after injuring your foot or ankle, you experience an increase in pain, in addition to swelling, bruising, redness, or difficulty with walking, then it is time to contact our podiatrist. At Empire Podiatry we will fully evaluate your injury and customize a treatment plan that will restore you back to your daily routine.

Arthritic Feet & Ankles



Arthritis is when the cartilage is swollen and inflamed within the lining of the joints, which increases fluid in the joints. There are numerous causes for arthritis. Furthermore, joint inflammation and arthritis can produce many different illnesses. In most case arthritis easily affect the feet as there are 33 joints that can be easily affected vs other parts of the body. Arthritis can increase with age, however anyone from infancy to middle age can become susceptible to the disease.

Various forms of arthritis includes:

Osteoarthritis: The most common form of arthritis is Osteoarthritis, known as ‘Degenerative Joint Disease’ or ‘Wear and Tear’ arthritis. This is a gradual type of arthritis where aging breaks down the cartilage, thus causing a progression in pain. Nonetheless, this type of arthritis can also be brought on by a sudden injury.

Rheumatoid arthritis (RA): RA is an intricate chronic inflammatory type of disease, affecting over a dozen smaller joints as the illness progresses, recurrently in a symmetrical pattern. Some warning signs include: Weight loss, fatigue, extensive morning stiffness, in addition to a possible breakdown of the nervous system, and

affecting the eyes, lungs and heart. A common case of acute RA is joint deformity and loss of motion.

Gout (gouty arthritis): Gout is a condition in the joints, caused by a buildup of the salts of uric acid. Uric acid is a natural diet to keep the joints functional. A classic example of an affected area is the big toe, as pressure is commonly placed on it from physical activities such as walking or running. Certain food groups play a major role in gout arthritis. Red meat, beans, lentils, shellfish, rich sauces, and brandy are some examples.

Psoriatic arthritis: Although psoriasis is a known skin disorder, it can also affect the joints. On the skin, psoriasis is a dry and scaly patch. Psoriasis of the skin with developing arthritis affects one in twenty people. Symptoms include changes of the skin and nail at the end of the fingers or toes.

Traumatic arthritis: Traumatic arthritis is repeated trauma through forced or inappropriate motion of the joint and or ligament. The articular cartilage injured in the joint of a fracture or a serious sprain can cause severe damage. This leads to arthritic changes in the joint.

Recommended Treatment

To help circumvent deformity and loss of function of the feet, see our doctors immediately for podiatric treatment if you are experiencing any of the following symptoms: swelling, recurring pain or tenderness, redness or heat, and limitation of motion in the joints; early morning stiffness; and skin changes, including rashes and growths. Once the cartilage is destroyed it cannot be salvaged. Furthermore, inflammation from arthritic disease can also damage the bone. Medication along with physical therapy can help, in addition to braces, shoe inserts such as orthotics or prescribed shoes may be recommended. The last resort is surgical intervention, which will replace damaged joints with artificial ones.

How can we help?

Empire Podiatry specializes in all forms of arthritic care. Our trusted doctors will design a treatment plan to nurture your condition back to optimal health.

Athlete's Foot



Athlete's Foot aka Tinea Pedis, is a skin disease caused by a fungus, typically growing between the toes. Fungus growth is dependent on the warm,

dark and humid climate created by the shoes, which inadvertently attacks the feet. Symptoms include: Dry skin; itching and burning; scaling; inflammation and blisters. If go untreated, athlete's foot can progress to the soles of the feet and affect the toenails. In worse cases it may even spread to the groin and underarms.

Recommended Treatment

Daily hygienic care of washing the feet with soap and water and drying thoroughly, can prevent the spread of athlete's foot. Avoid walking barefoot to minimize the spread of the fungus. OTC medicated powders, sprays, cream or lotions designed to combat athlete's foot fungus can restrain the spread. For mild cases our doctors will prescribe a topical medication. However, we also prescribe oral medication for severe cases. If the condition is worse then nail removal plus oral and topical medication may be the best treatment option.

How can we help?

If there is no improvement within two weeks from proper hygienic care, please see our trusted doctors to design a treatment plan to help reverse the fungal infection and to ensure no future occurrence.

Bunions



A Bunion, which is a bump at the joint of the big toe aka metatarsophalangeal (MTP) joint, moving out of place. Essentially, this bump at the joint forces the big toe to bend toward the others, creating a lump of bone on the foot. Body pressure is placed on the joint while walking, if left untreated, bunions will cause severe pain. Symptoms include: A fixed bump on the outside edge of the foot or base of the big toe; redness, swelling, or pain at or near the MTP joint; corns and irritations caused by an overlap of the first and second toe; and restricted or painful movement of the big toe.

Through years of pressure on the MTP joint and abnormal walking, in addition to inherited foot type, bunions are developed on the big toe. Other causes include: Foot injuries, neuromuscular disorders and congenital deformities. Foot types such as flat feet and low arches are disposed to developing bunions, as are arthritic patients suffering from inflammatory joint disease. Wearing tight shoes is a huge factor in causing bunion as it forces the toes together and creates a bump at the joints.

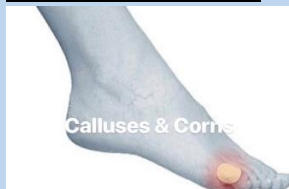
Recommended Treatment

There are OTC, non-medicated bunion pads that should be utilized around the bony prominence. Comfortable shoes with more of a wide and deep toe box should be worn. It is also necessary to avoid wearing high heels. Applying ice to the bunion when inflamed should relieve tension and pain. For severe cases please see our trusted doctors. Categorizing the bunion in its infantile stage will provide solid treatment options to stop the progression of the joint deformity and avoid surgery. Our doctors will prescribe cortisone injections to mitigate the acute pain and developing inflammation in the joints that causes deformity. Padding and taping bunions, physical therapy and ultrasound therapy, and orthotics (shoe inserts) are also some effective treatment options for bunions. If all options do not relieve pressure and repair the toe joint, our doctors will provide podiatric surgery as a necessary option.

How can we help?

If left untreated, the pain of a bunion becomes severe and the size will increase thus making non-surgical treatment a less viable option. Empire Podiatry is an expert in treating bunions. We will customize a treatment plan designed for your specific needs.

Calluses & Corns



Calluses & corns are developed as irritation protectors thus causing the skin to thicken. They develop when there is repeated irritation through forced rubbing or excess pressure against part of the foot. When the skin thickens at the base of the foot, it is called a callus. When the skin thickens at the top of the foot or toe, it is called a corn. Those who are diabetic or are prone to decrease circulation can encounter serious foot problems. Furthermore, foot injuries like hammertoes are likely to develop corns and calluses. Identifying calluses & corns vs warts can be tricky. Calluses & corns have a rough and dull appearance, usually rounded or raised.

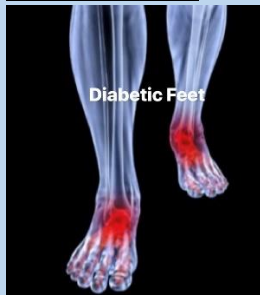
Recommend Treatment

It is imperative to see our doctors if you are experiencing pain and discomfort or are restricted from daily physical activity, due to calluses & corns. Those who are diabetic, prone to poor circulation, or any other severe foot illness should seek our trusted doctors for medical care immediately. For mild cases, wearing comfortable and padded shoes can help to reduce calluses & corns. A surgical blade is typically used to decrease larger calluses & corns.

How can we help?

After assessing the severity of your calluses & corns, our doctors at Empire Podiatry, will create a specific treatment plan that's appropriately prescribed. Furthermore, we will advise you on the proper shoes to wear to help support your walk and prevent future occurrence.

Diabetic Feet



Diabetes is the failure to produce or appropriately use insulin, and it affects the body's capacity to transform sugars, starches, and other food groups into energy. Having an elevated blood sugar (hyperglycemia) for the long-term, can consequently lead to severe damage to the eyes, heart, kidney, nerves, and feet. Those who are diabetic have a high risk of developing a wide range of foot problems. Warning signs for diabetic feet includes: Skin color changes; swelling of the foot or ankle; numbness in the feet or toes; pain in the legs; open sores on the feet with slow healing process; ingrown and fungal toenails; bleeding calluses and corns; and dry cracks in the skin, predominantly around the heel.

Recommended Treatment

If you are experiencing the listed warning signs it is critical to contact our trusted doctors. This is the best way to safeguard the feet from the aggressive stages of diabetes, which can lead to foot amputation. A podiatrist specializing in diabetic care, has the ability to reduce the risk of lower limb amputation up to 85 percent, in addition, to lowering the risk of hospitalization by 24 percent.

How can we help?

Because of the aggressive side-effects of diabetes, Empire Podiatry will provide you with a team of specialist to attentively address the complications to your feet and ankles. We will tailor a comprehensive treatment plan designed solely for your condition and specific needs.

Flat Feet



Flat Feet is a common and typically painfree disorder in which the arch on the inside of the foot is flattened. When standing, the entire sole of the foot can be seen touching the ground. Flat feet can arise during early childhood, when the arches of the feet are not properly developed. Other cases involve the feet being injured and developing flat feet on its own or from the wear-and-tear strains of age. Seldomly, flat feet can cause complications to the ankles and knees.

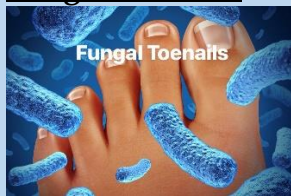
Recommended Treatment

Providing there is no pain in the foot and ankles, no treatment is required. If, however, there is pain, arch support from orthotic devices, structurally designed supportive shoes and stretching exercises can mitigate the issue.

How can we help?

The doctors at Empire Podiatry, have the expertise to properly diagnose if the pain in your feet is due to having flat feet, and will treat it accordingly.

Fungal Toenails



Fungal Toenails aka Onychomycosis, is a contagion or infection underneath the surface of the nail caused by fungi. Clear signs include dark colored nails and foul smells. The infection can also spread to other toenails, the skin, and in some cases the fingernails. Walking becomes painful when wearing shoes as the nails are difficult to trim. Fungal toenail infection can also produce a secondary bacterial or yeast infection in or about the nail plate. Exposure to damp places like swimming pools, locker rooms, and showers are forbidden as infection can worsen. Damage to the nail bed can lead to all types of infection, notably fungal infection. Patients with chronic diseases, such as diabetes, circulatory problems, or immune-deficiency conditions are susceptible to fungal nails. Additional causation includes a history of athlete's foot and extreme perspiration.

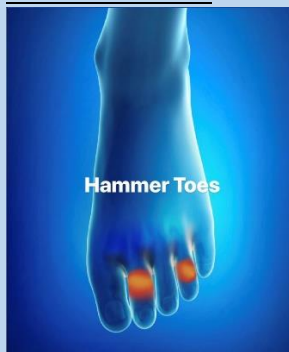
Recommended Treatment

Applying specific hygienic care over a period of many months, can temporarily moderate the infection. White markings appearing on the surface of the nail can be filed off, accompanied by an OTC liquid antifungal agent. Nonetheless, OTC treatments does not stop the fungal infection from returning. Symptoms of infection include discoloration; thickening; and toenail deformity. If you are experiencing any of these symptoms see our trusted doctors immediately. Our treatments involve topical or oral medication, and debridement (removal of diseased nail matter and debris) of an infected nail. In worse cases, surgical treatment is a necessary requirement.

How can we help?

If you are experience warning signs of fungal toenail, contact our trusted doctors for an exam to diagnose the infection immediately. We are experts in treating and preventing fungal toenail infections. We will help you get your nails looking healthy again.

Hammer Toes



Hammer toe is when the first joint of the toe, the digit aka proximal interphalangeal joint, is contracted or bent. All toes are susceptible, typically however, the second through fifth toes, known as the lesser digits, are prone. Hammer toes are less common in males vs females. Symptoms include: Pain at the top of the bent toe due to stress from footwear; development of corns on the top of the joint; redness and swelling at the joint contracture; limited or painful movement of the toe joint; and pain in the ball of the foot at the base of the affected toe. Other causations of hammer toe are abnormality in the balance of the muscles in the toes, and heredity and traumatic injuries. In addition to wearing tight shoes that squeeze and deform the toes, people with arthritis are also prone to hammer toes because their balance around the toe is usually off centered.

There are two different types:

Flexible Hammer Toes: Still able to move at the joint, these hammer toes can easily be treated as they are in the developmental stage.

Rigid Hammer Toes: Typically seen in patients with severe arthritis or those whose toes are now misaligned and immobile, due to waiting too long to seek professional treatment, rigid hammer toes are usually best handled with surgery.

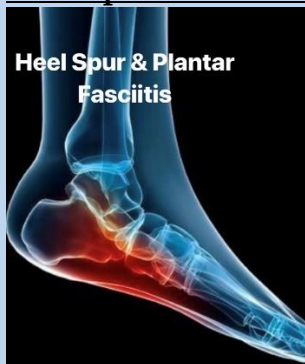
Recommended Treatment

In addition to applying ice to the hammer toe on a daily basis in order to reduce swelling, non-medicated hammer toe pads to cushion the feet in shoes with a wide and deep toe box or custom orthotics (shoe inserts) can help to counter severe development of hammer toe. Contact our trusted doctors immediately if your case is severe. If left untreated, hammer toes will become immobile and surgery will be the only remedy. Our doctors will also prescribe anti-inflammatory drugs and cortisone injections to comfort the acute pain and inflammation caused by joint deformities.

How can we help?

Seeing our doctors sooner than later is the best remedy. We will properly diagnose the issue and customize a tailored treatment plan to fit your specific needs.

Heel Spur & Plantar Fasciitis



The heel bone, having 33 joints and over 100 tendons, muscles and ligament, is undoubtedly the largest bone out of the 26 bones in the human foot. Heel pain, which can be severely restrictive, can happen in the front, back, or bottom of the heel. Two common conditions of the heel are heel spurs and plantar fasciitis.

A heel spur is a bony growth on the underside of the heel bone. In an X-ray, the spur will show a protrusion extending forward as much as half an inch. When there is no visibility of a bone enlargement, the condition is referred to as "heel spur syndrome." Heel spurs is caused from a strain on the muscles and ligaments of the foot, by overextending the long band of tissue connecting the heel and the ball of the foot, and by repetitive tearing away of the lining or membrane that covers the heel bone. Factors of these conditions are typically caused by: Biomechanical imbalance; running or jogging; worn out shoes with bad heels; and obesity.

Plantar fasciitis is an inflammation of the fascia (the band of fibrous connective tissue), located at the plantar surface (the bottom of the foot) running throughout the heel to the ball of the foot. Most athletes who run and jump a lot are susceptible. It is also extremely painful. The causation is an extenuated stress of overextension to the plantar fascia. The soft tissue fibers of the fascia are torn and stretched at points along its length. Consequently, inflammation along with pain and a possible growth of a bone spur develops, where the plantar fascia attaches to the heel bone. The inflammation is intensified by non-supportive shoes for the heel, specifically for the arch area, and by the long-lasting irritation of physical activities from an athlete's lifestyle.

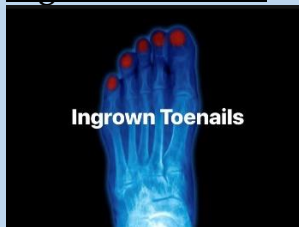
Recommended Treatment

If warning signs such as: Pain, inflammation, redness, swelling, or heat still exist post resting, it is imperative to contact our doctors immediately. We will prescribe oral or injectable anti-inflammatory medication, shoe recommendations to support the heel or orthotic devices, taping and strapping of the heel, and physical therapy. It is rare but in severe cases surgery would be a requirement for heel pain. Contacting our doctors sooner rather than later would help to abandon the requirement of surgery.

How can we help?

The doctors at Empire Podiatry will diagnose your heel pain and effectively design a treatment plan tailored to address the issue and prevent future injuries.

Ingrown Toenails



Ingrown nails are the most common nail condition. It is where the corners or sides dig painfully into the soft tissue of nail grooves, causing deep irritation, redness and swelling, drainage, odor, and prominent skin tissue. Typically, the big toe is a recipient of this condition. However, all toes can be affected. Causation includes: Heredity condition, wrongly trimmed nail, tight shoes that pressures the feet, and repeated trauma to the feet from everyday activities.

Recommended Treatment

Utilizing salt-warm water is a safe method to temporarily treat the condition. If, however, you are diabetic, have a peripheral vascular disease, or other circulatory disorders, it is critical to contact any of our doctors for immediate care. Along with prescribing a topical or oral medication to treat the infection, we will diligently and

effectively remove the ingrown portion of the nail. If ingrown nail is a chronic disorder, we will enact a procedure to permanently eradicate ingrown nails.

How can we help?

The doctors at Empire Podiatry will diagnose the level and cause of your ingrown toenail and customize a treatment plan specifically tailored to your condition. We will also provide you with steps you can take to prevent future occurrence.

Metatarsalgia



Metatarsalgia is inflammation and pain located in the ball of the foot aka metatarsal region. Causation includes high-impact activities and wearing wrongly fit footwear. Symptoms include: Sharp, aching or burning pain in the ball of the foot, tingling and numbness in the toes.

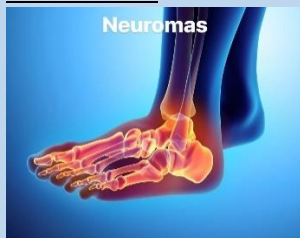
Recommended Treatment

Icing and resting the foot will alleviate the pain. In addition, footwear with shock-absorbing insoles and or arch supports will prevent future problems. If after applying these remedies and there is no change after a few days, see one of our doctors immediately for treatment options. Some treatment options are icing, 24-hour rest, passive range of motion (ROM) and ultrasound. For patients with high arches, orthotics support along with physical therapy would help to relieve the pain of metatarsalgia. If the case is more severe then surgery would be required.

How can we help?

Our doctors at Empire Podiatry will diagnose your foot pain to assess the cause and design an appropriate treatment plan, to fix the issue and prevent future injuries.

Neuromas



Neuroma, aka pinched nerve or nerve tumor is a painful condition that is common amongst women. It is where the nerve tissue experiences nontraditional growth, typically located between the third and fourth toes. Causation

of neuromas can include: Biomechanical deformities like flat foot and high-arched feet, trauma, ill-fitted footwear and recurrent stress on the feet. Symptoms include pain in the forefoot and between the toes, tingling and numbness in the ball of the foot, swelling between the toes, and pain in the ball of the foot when added pressure is placed on it.

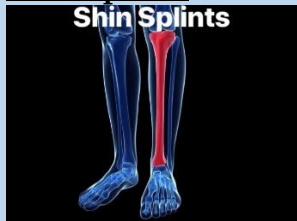
Recommended Treatment

Applying ice to the affected area daily, wearing comfortable and roomy shoes to create space for the toes to move, low to no heels, and laces or buckles that are adjustable at the width, can help. In addition, shoes with thick, shock-absorbent soles, shoes with pads, or added soles specifically intended to alleviate pressure off of the foot can also significantly help. See our doctors immediately if you are experiencing any symptom of neuroma. If it goes untreated, it can become tumorous with surgery being the only option.

How can we help?

Our doctors at Empire Podiatry will properly diagnose the issue to determine the level and causation of your neuroma. We will customize a treatment plan to effectively resolve the condition and prevent future occurrence.

Shin Splints



Shin Splints, aka tibial stress syndrome, is pain throughout the tibia, the large bone in the lower leg. Shin splints are commonly associated with runners. When there is an overuse of the leg in such rigorous activity as running, there is a direct susceptibility of experience of a shooting pain felt near the front or sides of one or both tibia bones (the shins). This is an experience of shin splints. A common side effect of shin splints is swelling of the lower leg. With proper rest, the pain can subside. However, it may return.

Recommended Treatment

Icing the leg and OTC anti-inflammatory medications can address and alleviate the injury. However, if there is no relief or the pain worsens post these treatment options, contact our doctors immediately. We will help to customize a physical therapy program and regulate prescription orthotic inserts as a preventable measure to counter future injury.

How can we help?

Our doctors at Empire Podiatry will properly diagnose and assess your shin splints to formulate a comprehensive and individualized treatment plan, that will swiftly bring you back to recovery and prevent any future occurrence.

Warts



Warts are caused by a virus which invades the skin due to an abrasion or a small or invisible-like cut. Warts can appear anywhere on the body. Warts on the foot are called plantar warts. Plantar warts are very painful and when they appear on weight-bearing areas of the foot, there is a sharp and burning sensation. Most children and teenagers experience having warts more so than adults. Plantar warts are caused by walking barefoot on dirty surfaces or littered ground where the virus exists.

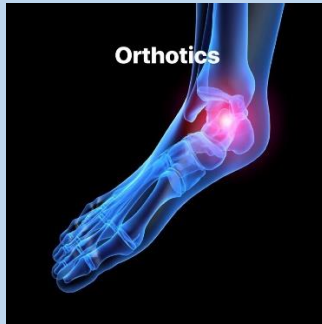
Recommended Treatment

If you currently have a wart or something unidentifiable on your foot, it is essential to contact our doctors immediately for medical attention. If left untreated, the virus from the warts will cause it to grow and spread into clusters of warts, also known as mosaic warts. Those who are diabetic and those with cardiovascular or circulatory disorders should not attempt any self-treatment. All patients experiencing a condition of warts should not self-administer with any type of OTC medication. It is critical to get help from an experience podiatrist as the chemical in most OTC medication can also destroy the skin. Our doctors will initiate a surgical procedure to remove the warts. We also utilize laser treatments which are less invasive and do not require any anesthesia.

How can we help?

Our doctors at Empire Podiatry specialize in warts removal. We will remove the wart and provide a treatment plan that will prevent any chance of future appearance.

Orthotics



Our doctors at Empire Podiatry are experts with orthotic devices. Orthotics are used to help with arch supports and inner soles of shoes, in order to bring supportive comfort to your feet, while modifying the balance in your shoes.

LOCATIONS

1. **263 7th Avenue Suite 5E, Brooklyn, NY 11215**

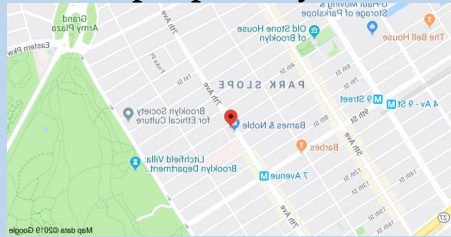
Dr. Jimmy Van, DPM

Phone: (718) 844-1955

Mon. 9-1

Fri. & Wed. 9-4

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2. **202 Canal Street Suite 700, New York, NY 10013**

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Thur. 9-1130am

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Thurs. 130-530pm

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4. 473 74th Street, Brooklyn, NY 11209

Dr. Jimmy Van, DPM

Phone: (718) 844-1955

Sat. 1-330pm

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5. 1946 Bath Avenue, Brooklyn, NY 11214

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Tue. 4-6pm

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6. 519 79th Street, Brooklyn, NY 11209

Sat. 9-12pm

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