

# Discover the Revolutionary Treatment that Realigns Your Feet and Takes Away Your Pain

Is your quality of life being affected by your feet?



Do you suffer from pain in your feet and body when working or trying to be active? Are you limited in what you can do physically due to pain, or experiencing discomfort that takes the fun out of otherwise enjoyable activities? If you are, you are not alone!

Can you imagine your life without foot pain? When you get out of bed in the morning, is the first thing you think



about as soon as your feet hit the floor is the pain shooting through your body? It starts a chain reaction at the tips of your toes, shoots up your legs to your hip, back, and settles in your neck. You yawn, stretch, slowly get up, and get ready to embrace just another normal day with foot pain. This isn't normal and doesn't have to be for you.

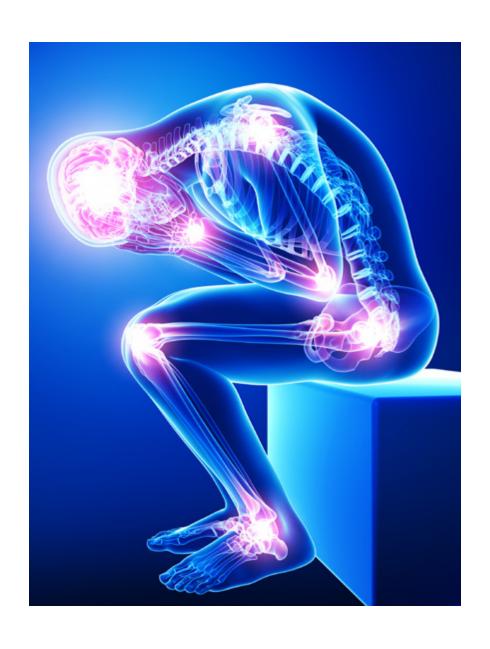
A treatment called HyProCure® can dramatically change your situation for the better, helping the pain in your feet and correcting the problem that is also causing the pain in the rest of your body.







(603) 931-4476



# The Problem

Your feet are the foundation of your body. Fixing the foundation is critical to your overall health. When you're experiencing pain in your body, especially foot pain, it should be a warning sign that something is wrong. Instead of ignoring it, you should use caution. Slow down and evaluate what is going on. What most people don't know is that your feet may be causing the pain in other parts of your body because of misalignment.

# What are Misaligned Feet?

This condition occurs when the Talus bone – a bone that sits just below the ankle bone – slides off the heel bone and causes the naturally occurring space (the sinus tarsi) to collapse. When the feet are misaligned, it causes a chain reaction throughout the body that affects not only the feet, but knees, hips, and the back. Misaligned feet are very common, and it is estimated that nearly 45% of people have misaligned feet.



(603) 617-4096

# **How Can Misaligned Feet Affect You?**

Some of the more obvious effects of misaligned feet show up with various common foot problems and related problems throughout your body. These can include:

- Flat Feet
- Bunions
- Hammertoes
- Plantar Fasciitis (Arch and or Heel Pain)
- Knee, hip, back and neck pain



While different factors can contribute to these conditions, the underlying cause is misaligned feet. Treating the underlying cause can bring relief and prevent further complications.



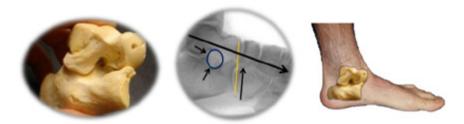




# Realign your feet and take the pressure off your body

The connection between your feet and pain in the rest of your body relates to balance and alignment. Here's how.

## Your ankle bone should normally sit on top of your heel bone:



(Image Source: HyProCure.com)

# When your ankle bone partially dislocates on the heel bone, the foundation of the body is altered:







(Image Source: HyProCure.com)



# This causes a misalignment chain reaction in your entire body:

# **Overview:**

- 1. The ankle bone partially dislocates on the heel bone
- 2. The knees may turn in
- 3. Then the hips may turn in
- 4. Then the pelvis tilts
- 5. Then the back curves

When the ankle rolls inward it causes misalignment in the feet and secondary problems in the rest of the body. The best way to correct the misalignment of the ankle bone and ease your discomfort in the rest of your body is a treatment called HyProCure®.

#### Let's connect the dots



...it can lead to a chain reaction to the rest of the body.



(Image Source: HyProCure.com)





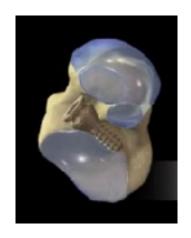
# A Revolutionary Treatment That Permanently Realigns Your Feet

The HyProCure® technique is minimally invasive and is used to realign and restore balance to the foot. A small incision is made during the procedure that allows the podiatrist to place a small titanium stent into the naturally occurring space between the ankle and heel bones.

The stent acts as a stabilizer that allows for full range of motion of the foot while protecting the ankle bone from damage. Implanting the stent reduces abnormal movement of the foot, reducing pain and discomfort. As the person walks or runs, the stent allows pressure from the weight of the body to be dispersed around the stent. This restores how weight is transferred throughout the foot, allowing for improved range of motion and much less foot pain.

Other than a small incision that is used to allow for the implantation of the stent, there are no other techniques used in the procedure. No screws are needed and there is no drilling.









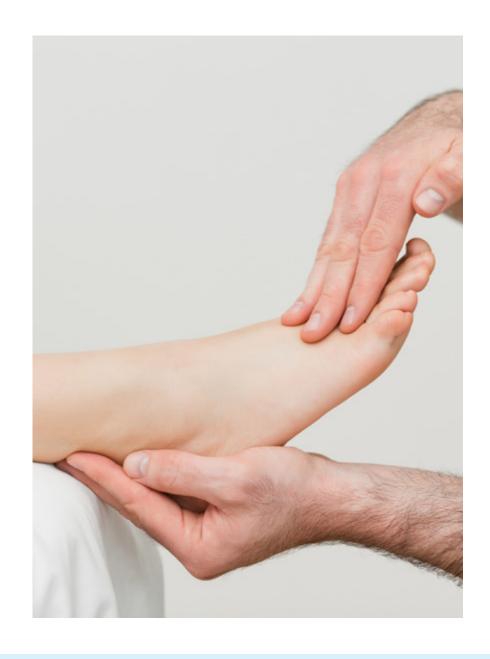
#### How it works

- · A stent is placed between the ankle and heel bone
- This stabilizes the ankle bone instantly while still allowing the normal motion to occur
- There is little pressure placed on the stent itself as the weight of the body passes through the joints in the foot behind and in front of the stent.

#### The Procedure

Inserting the HyProCure® stent is a fast and simple outpatient procedure that is performed using local anesthesia while:

- A small incision is made below the outer ankle bone
- A deeper opening is then made to insert the HyProCure<sup>®</sup> stent
- Sizers are tried to determine which stent will give the best correction
- The stent is placed
- The incision is closed with a few absorbable stitches







## Recovery

Each person will heal according to their own body's ability. Some patients may take a week or more to start walking on a regular basis, while others may be able to resume their normal activities in just a few short days. The stronger a person is before the procedure, the faster their body will heal.

It's important that recovery rules are followed to minimize post-op pain. These may include:

- Limiting your amount of walking, especially in the first 3-5 days, then gradually increasing your level of activity
- Taking anti-inflammatory medication
- Icing and elevating your foot multiple times a day
- Wearing supportive shoes that offer proper support to both the foot and the ankle









You should be able to gently step on your foot immediately following the procedure, but it's important to use extreme caution. In most cases, patients walk out of the office after the procedure, but doctors recommend resting the ankle for at least 3 to 5 days and then gradually begin to include more activity as the joint begins to feel better.

Many patients will be tempted to overdo it in the beginning and start exercising the foot too rapidly. The tissues will be almost fully healed after 4 to 6 weeks. This is also about the time patients are walking normally and gradually increasing their activity levels.

Over the next several months the bones, tendons, and ligaments in your foot and the rest of your body will continue to learn how to adapt to your new foot position. You'll also start noticing a decrease in the pain felt in other areas of your body, such as your knees, hips and back. The amount of time for a full recovery will be very specific to each patient because it also depends on how much damage was caused to your feet prior to getting the HyProCure® treatment.



# **Risks and Benefits**

Any surgical procedure has its own risks. The good news with HyProCure® is that any potential risks are short-term and self-resolving.

## Some possible risks may include:

- Sprained ankle syndrome
- Displacement of the implant, in which case further surgery would need to take place to correct or remove it if necessary
- Under or over correction due to falling in-between stent sizes
- Inability to correct the issue that is actually being caused by other foot problems that need to be addressed
- Prolonged pain after the first few months due to the tissues not adapting
- Infection





## **Benefits of HyProCure®:**

- Decreases strain in the most important foot structures
- · Simple and quick outpatient procedure
- Minimally invasive
- Reduces and/or eliminates pain felt up the musculoskeletal chain in the body
- Internal and permanent option, but is reversible if needed
- Overall health and well-being is positively increased due to the ability to have a more active lifestyle
- There has not been a single case of fracture to the ankle or heel bone since the first use of the HyProCure® stent in 2004 and over 25,000 device placements



HyProCure<sup>®</sup> has helped over 60,000 patients worldwide because it corrects the actual misalignment of the foot and ankle by eliminating the underlying cause of the symptoms and instantly resolving the pain and discomfort. It also helps correct secondary problems in the body, such as pain in the knees, hips, and back, as well as giving people back their quality of life and allowing them to do what they enjoy.

www.NagyFootcare.com





# Are you a candidate for HyProCure® Treatment at Nagy Footcare?

Most adults and children with foot pain, and pain in other areas of their body related to the foot pain, can benefit from HyProCure<sup>®</sup>. There may be certain conditions that affect the procedure. These can best be determined by a physician.

The best time to get treated for your foot pain is now, even if it's mild and seems to go away with icing, different shoes, massage, padding or other temporary fixes. These will stop working eventually and by that time your foot problems have only gotten worse. Most people only choose to consult a podiatrist when the pain lasts, but the earlier the better.







At Nagy Footcare our goal is to help correct abnormalities of the feet and reduce foot pain. We offer effective solutions such as the HyProCure® technique and other treatment options that can be used on people of all ages who are experiencing varying degrees of foot and heel pain.

When you visit our facility for your consultation, we will assess your condition and get to the root of your problem. Through a thorough examination and evaluation, we can design the best treatment plan that will help your specific needs. You do not have to live in constant pain!

Dr. Nagy is a Qualified HyProCure® Surgeon. Contact us today to find out what we can do to help you live pain-free!

At Nagy Footcare, our best day is when you wake up with no foot pain.





