Preface

It is an honor to serve as the guest editor for this issue of the Medical Clinics of North America. The authors for this issue have striven to provide current reviews of common conditions encountered by the primary care physician. Disorders of the foot and ankle are a common reason for patients to seek consultation with their primary care providers. This issue of Medical Clinics of North America is dedicated to office-based management and decisions for referral for these disorders.

An emphasis has been placed on the initial assessment of foot and ankle conditions, gait abnormalities, and pertinent exam skills. Each of these topical reviews provides a discussion of the pathophysiology of the particular condition. Subject reviews include diabetic foot, metatarsalgia, Achilles tendon pathology, ankle sprains and instability, cavovarus foot deformity, plantar heel pain, nail and skin disorders, arthritides of the ankle and foot, hallux valgus, and evaluation of the adult acquired flatfoot. While an emphasis is made on the initial evaluation and the pathophysiology of these disorders, a review of commonly accepted treatments is made and recommendations for referral to a foot and ankle specialist are discussed.

The articles also demonstrate the complexity of the aforementioned conditions and the integral role that the primary care physician plays in the initial assessment, management, and referral of their patients to the foot and ankle specialist. The authors are indeed very passionate about their profession and it is my hope that this issue will be a valuable resource for the primary care practitioner and their patients.

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