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CONTACT:

Todd Heft
Heft Media
484 886 4338
heftmedia@gmail.com
www.heftmedia.com

PA Foot & Ankle Associates offers new, FDA-approved synthetic cartilage implant to reduce toe pain, improve flexibility.

Dr. Adam Teichman of PA Foot and Ankle Associates, a Lehigh Valley practice, now offers the Cartiva Synthetic Cartilage Implant for patients suffering from pain at the base of the big toe. Cartiva SCI is the first FDA-approved synthetic cartilage and is backed by the largest comprehensive study ever done for the treatment of Osteoarthritis (OA) pain in the big toe joint.

One in 40 people over the age of 50 suffers from painful, progressive Osteoarthritis in the first joint of the big toe. OA occurs when flexible tissue at the ends of bones (cartilage) wears down. This is usually the result of everyday wear and tear but may also occur from trauma.

Your big toe is uniquely designed for movement, carrying 119% of your body weight when you walk. It is here that the force originates for most activities which involve your feet: walking, running, jumping, dancing and playing sports. When pain and stiffness occur in the big toe joint due to OA, it can critically dampen your ability to take part in physical activities. Cartiva replaces the cartilage in the big toe joint and allows it to move pain-free, so you can do the things you love.

How does the Cartiva implant replace cartilage?

In a healthy joint, cartilage provides a slippery surface for the bones to move across as the joint moves. When cartilage deteriorates, bone eventually rubs on bone, causing pain, swelling and stiffness, and limiting motion in the joint. Cartiva, merely the size of a jelly bean, is a solid, slippery and durable implant which has physical properties like your body's natural cartilage. By providing a new surface for the bones of the big toe joint to move on, Cartiva allows the joint to move as designed, restoring motion and eliminating pain.

Treatment choices for Osteoarthritis in your big toe joint

Previously, the most common treatments to relieve OA pain in the big toe joint were:

- Total or partial joint replacement
- Fusion surgery with screws and plates.

While fusion surgery is excellent at reducing pain, it permanently locks the joint in place, which can substantially limit your physical activity. Fusion surgery also requires a 6-week period of rest and rehabilitation as the joint heals. Many partial or total joint replacements have shown higher than average complications, requiring additional surgeries and considerable rehabilitation.

The Cartiva implant only requires a quick, surgical procedure and the patient can begin bearing weight on the foot immediately.

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heftmedia.com 484.886.4338

About:

PA Foot & Ankle Associates is the largest, independent podiatry practice in Northeast PA. Dr. Adam Teichman, Senior Partner, is a board certified podiatric physician and surgeon. He is Chief of Podiatric Surgery at Sacred Heart Hospital in Allentown, where he is also a member of the Limb Salvage Team; a surgical instructor at the Podiatric residency program at St. Luke's University Health Network; and is a Panel Physician at Sacred Heart Wound Center.

More info:

A randomized, prospective randomized study of big toe arthritis treatment with Cartiva vs fusion surgery:
<https://cartiva.net/assets/docs/Foot%20Ankle%20Int-2016-Baumhauer-1071100716635560.pdf>

Cartiva's patient website: <https://www.cartiva.net/>

PA Foot & Ankle Associates website: <http://pafootdoctors.com/our-specialties/cartilage-implants>

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