

YOUR HEALTH

My foot ached all of the time, but at first I just put up with it

EXPERT VIEW:
Jitendra Mangwani



Recovery takes a few weeks

Michael Stephenson is back on his feet, thanks to pioneering keyhole surgery. The 43-year-old first began suffering from problems more than a year ago.

His right foot would often be very painful.

It gradually got worse and worse to the point where he found it almost impossible to work – or play!

He said: "If I was a football linesman for an afternoon I found I couldn't walk for a day-and-a-half afterwards.

"My foot was constantly aching and if I did any impact sport, it would swell up and be painful.

"I am not sure why, but I just put up with it."

As a surveyor, Michael would often find work taking him up and down ladders. Driving is also a big element of the job.

He said: "It got to a stage where my foot was so painful it was affecting my work – it was becoming increasingly difficult to drive and I decided to go to my GP."

Michael, from Braunstone, was referred to a specialist at Leicester's hospitals.

He was sent for an X-ray which revealed there was a piece of bone growing in the wrong place at the back of his ankle.

He had a condition called ossicles, which meant there was extra bone in his ankle.

Michael said: "The pain was being caused by nerves hitting the bit of bone which was growing in the wrong place.

"It seemed to have been caused by a sporting injury when I was a youngster.

"There was nothing you could see, it would just swell up and I would struggle to do things."

Michael was faced with three options following his X-ray. He could either have a series of in-

WHEN MICHAEL STEPHENSON WAS FOUND TO HAVE AN EXTRA BONE IN HIS ANKLE, KEYHOLE SURGERY WAS THE ANSWER. HE TALKS TO CATHY BUSS

jections, surgery or "put up with it".

He said: "I was told the surgery would be keyhole, with the surgeon going in through the back of the ankle, so I decided to opt for that."

Because of the modern surgical technique carried out by a handful of specialist foot and ankle surgeons, Michael was able to have the operation as a day patient at Leicester General Hospital.

He said: "I did have to have three weeks off work and then I was based in the office for five to six weeks while I recovered.

"I also had to have 12 to 14 weeks of physiotherapy.

"I have just started going out on my bike again."

Michael, who is married with two teenage children, added: "It is all fine and it is cured. The only thing is, that I have got a touch of arthritis in the foot and may have to have more surgery.

"There is also a bit of an issue now with my left side which I think is down to general usage but it will have to be seen to at some stage

"At the moment, though, I am getting back to normal."



PICTURE: ALEX HANNAM
LEAH20140702D-010_C

BACK ON HIS FEET: Thanks to surgery, Michael Stephenson has regained the ability to take a walk without feeling constant pain

THE FACTS: OSSICLES

OSSICLES are small bones and when they are in the ankle they are known as accessory ossicles or extra bones.

Problems occur when the bone becomes displaced – either through injury or repetitive moment.

Pain in any part of the ankle can be a sign of the condition. It is usually worse when the ankle is pointed downwards and some people may feel a painful clicking sensation when their foot is twisted in and out.

■ Have you struggled with a difficult health problem? We want to tell your story. Contact health correspondent Cathy Buss on 0116 222 4261, e-mail catherinebuss@leicestermercury.co.uk