

Surgery Not the Answer to Ming's Foot Problem

By America's Podiatrist

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CROWN POINT, Indiana – News reports of Houston Rockets center Yao Ming opting for surgery for what is described as a stress fracture of his navicular bone in his foot, have prompted podiatric physician and surgeon Dr. Michael Nirenberg to warn Ming to reconsider his decision for surgery. Having treated at least 50 navicular stress fractures, Nirenberg says that in his experience, surgery for a stress fracture of the navicular is generally not necessary.

"This type of surgery has many risks and could create more problems," Nirenberg says. His warning to Ming is based on news reports of Ming's injury. "There are high-tech bone stimulators that could help this kind of fracture," Nirenberg says. "These bone stimulators could be used in conjunction with a cast and crutches."

Nirenberg cites the scientific literature as generally supporting a non-surgical approach to these types of fractures. Nirenberg urges Ming to seek a second-opinion from a physician with experience treating navicular fractures. In fact, Nirenberg has offered to examine Ming's x-rays and even his foot before any surgery is done.

About Dr. Nirenberg

Known as America's Podiatrist, Dr. Michael Nirenberg's mission is to promote awareness of good foot health in America. He has published in several scientific journals, won the Distinguished Podiatric Medical Writing Award, lectured extensively, including to the Arthritis Foundation, and serves on the Board of Directors of the American Society of Forensic Podiatry. He is in private practice in Crown Point, Indiana. Dr. Nirenberg can be contacted at: (219)663-2273.

CONTACT:

Dr. Michael Nirenberg

America's Podiatrist

50 W. 94th Place

Crown, IN 46307

Cell 219-663-2273

americaspodiatrist@sbcglobal.net

www.AmericasPodiatrist.com

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Category	Sports, Medical, Media
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Email	Click to contact author
Website	http://www.americaspodiatrist.com
Phone	2196632273
Fax	2196627290
Address	50 W. 94th Place
City/Town	Crown Point
State/Province	Indiana
Zip	46307
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