

## **Ask a Foot and Ankle Surgeon**

### **What's This Bump On My Foot?**

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(NAPSA)—Bumps on feet can signal serious or nonserious conditions, so it's best to have all bumps properly examined by a foot and ankle surgeon.

The most common type of foot bump, ganglionic cysts, are soft, harmless, fluid-filled sacs found on the tendons and joints of the foot. Ganglionic cysts can be caused by a leaking of jelly-like fluid from the "capsule" surrounding the joint or tendon and may be on



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the top of the foot, near the ankle joint or even on the side of the foot. The cyst won't disappear on its own and the best way to prevent reoccurrence is to have it surgically removed by a foot and ankle surgeon.

Plantar fibromas are another type of harmless bump found on the foot. Plantar fibromas are fibrous, hard bumps found within the ligament of the foot and are common in the arch area on the bottom of the foot. Nonsurgical treatments, such as steroid injections or orthotic devices, may relieve symptoms. Surgical removal is an option for people who still have pain after trying nonsurgical approaches.

Foot bumps suspected of being something more serious are biopsied for proper diagnosis. If it is cancer, the foot and ankle surgeon will remove the mass working with an oncologist for further treatment.

Foot bumps don't go away on their own. The sooner a bump is properly evaluated, you can have peace of mind, move forward with treatment and resume everyday activity.

For more information on foot bumps or to find a foot and ankle surgeon near you, visit [FootHealthFacts.org](http://FootHealthFacts.org), the American College of Foot and Ankle Surgeons' patient education website.

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