

Foot & Ankle Words and Phrases

A

AAOFAS - American Association of Orthopaedic Foot and Ankle Surgeons
abduction
abductory base wedge osteotomy
ABI (ankle/brachial index)
ablation
accommodate
accommodative balance padding
accommodative dressing
accommodative orthotic
Ace bandage
Ace wrap
ACFAS - American College of Foot and Ankle Surgeons
ACFAOM - American College of Foot and Ankle Orthopedics & Medicine
Achilles tendon
Achillotrain® Achilles tendon support
Active Ankle® brace (Cramer)
Acufex® MosaicPlasty™ comprehensive system - See [FDA 510\(k\) summary](#) [Acrobat required]
Adaptic® dressing (Johnson & Johnson)
adduction
AFO (ankle-foot orthosis)
Agility™ total ankle system [prosthesis] ([DePuy Inc.](#))
Air-Stirrup® ([Aircast, Inc.](#))
Aircast® walking brace ([Aircast, Inc.](#))
Akin bunionectomy
Albert disease
AliMed® PF™ night splint ([AliMed, Inc.](#))
Aliplast - foam-like material used in orthotics
alphabet exercise
Alzner orthotic (Alzner Orthotics/Bio Orthotics International, 972-437-5454)
Ambulator® shoe(s)/footwear ([Apex Foot Health Industries, Inc.](#))
Amerigel® wound care products ([Amerx, div. of Procyon Corp.](#))
Ammens® [medicated, antiseptic, deodorant] powder ([Bristol-Myers Squibb](#))
angulation
anhydrotic
ankle/brachial index (ABI)
ankle circle exercise
ankle equinus
ankle instability
ankle joint
ankle pump exercise
ankle sprain
ankle-foot orthosis (AFO)
ankylosing spondylitis
antalgic gait
anterior tibiofibular ligament
anterolateral approach
AO screw fixation
AO (Arbeitsgemeinschaft für Osteosynthesefragen) surgical technique
AO technique
aperture pad
Apligraf™ - See [MT Desk glossary entry](#)
APMA - American Podiatric Medical Association
aponeurosis (pl. aponeuroses)
aponeurosis plantaris
apophysitis
apropulsive gait
arch height (foot type measurement)
Arizona AFO™, a.k.a. Arizona Brace® ([Custom Footwear, Inc.](#))

arrectores pilorum muscles of the foot
arthrocentesis
arthrodesis
arthrography
arthroplasty
arthroscopy
arthrotomy
artificial extensor hood apparatus
AS3 stirrup brace (Johnson & Johnson Orthopedics)
Asics® shoes (Asics Tiger Corp.)
ASSI® Lalonde™ dynamic compression bone clamp (Accurate Surgical & Scientific Instruments
[ASSI])
atavistic tarsometatarsal joint
ataxic gait
athlete's foot
athletic taping
Austin bunionectomy
autogenous bone graft
avascular necrosis
avulsion fracture
axial compression of the foot

B

ball of the foot
BAPS (biomechanical ankle platform system)
BAPS board
Bauerfeind® Achillotrain® Achilles tendon support
Bechtol arthroplasty
Bennett fracture
benzoyl peroxide (5% or 10%) gel
Betadine™ foot soak
betamethasone
bimalleolar fracture
Bio-Action™ implant (MicroAire)
bioabsorbable pins
biomechanics
Bionx® 1.5-mm bone fixation kit - See MT Desk glossary Bionx® SmartScrew™ (Bionx)
BioStim® TENS unit, various models (BioMedical Life Systems)
Birkenstock® shoes, inserts, etc. (Birkenstock)
Blair fusion
Bledsoe brace, boot, walker, etc. (Bledsoe)
bleomycin
Body Armor™ walker - short leg walking cast/brace/boot (Darco)
Böhler (Boehler) angle (measured on radiograph)
Bone Bullet™ suture anchor - See MT Desk glossary entry
bony prominence
Boston brace
boxer's fracture
brawny edema
Breg® brace, walker, boot, etc. (Breg, Inc.)
broach
broad-based gait
bromhidrosis
Broström procedure, repair Brostrom
Broström-Gould ankle instability procedure
Buechel-Pappas [total] ankle implant, replacement, procedure
Buechel-Pappas total ankle prosthesis
bunion
bunionette (tailor's bunion)
Burow's solution
burr - small drill bit used in dentistry or surgery; syn: bur
bursa

C

calcaneal fat pad
calcaneal valgus
calcaneal
calcanectomy
calcaneocavus
calcaneocuboid joint
calcaneodynia
calcaneofibular ligament
calcaneopantar
calcaneovalgus
calcaneus gait
calcaneus
Caldwell-Luc
calf corset weightbearing ankle-foot orthosis
calf stretching exercises
callosity (see tyloma, tylosis)
callus (see tyloma, tylosis)
calluses
Cam Walker® (Orthomedics)
cancellous bone
cancellous screw
Canthacur® (cantharidin)
Canthacur®-PS (cantharidin, podophyllin, salicylic acid)
cantharidin (Verr-Canth™; Canthacur®)
capillary refill time
capital fragment
capsular thickening
capsule
capsulodesis
capsulotomy
CarboFlex™ odor control dressing (ConvaTec)
cast boot
Castaway® orthotic (Orthomedics)
Castillani Paint - OTC first aid antiseptic and drying agent (Pedinol Pharmacal, Inc.)
cauda equina (pl. caudae equina)
causalgia syndrome
Cavilon™ products (3M)

3M™ Cavilon™ cleanser, emollient, barrier film, diabetic foot care kit, after cast skin care kit

cavovarus
cavus foot (pes cavus)
cefazolin (Ancef, Kefzol, Zolicef)
Celestone® Soluspan® (betamethasone)
cellulitis
cephalosporin
cephradine
Charcot foot, joint
Charcot-Marie-Tooth
Charnley arthrodesis
Charnley-Mueller arthroplasty
Charnley-Mueller prosthesis
cheilectomy
chemical matricectomy
chevron (bunion repair) procedure
Cheyenne off-loading AFO brace (Quorum Orthopedic Labs)
chiropodist
chiropody
Chopart (midtarsal) joints, complex

Chrisman-Snook procedure - for ankle instability
CircAid® compression systems - See MT Desk glossary entry
claudication
clavus (pl. clavi) - corn
clawfoot
Cleanwheel™ disposable neurological pinwheel - for skin sensitivity testing (Langer Biomedics)
clindamycin 1% solution
Clinitex® HealWell™ contracture splint(s), night splint (FLA Orthopedics, Inc.)
clonidine
closed fracture
closing abductory base wedge osteotomy
closing base wedge osteotomy
clubfoot
CO (certified orthotist)
Coban® wrap, dressing (Delasco)
cock-up deformity
colchicine
collar-stud abscess
collateral ligaments
Comf-Orthotic® insoles (Hapad, Inc.)
comminuted fracture
compartment syndrome
compensated
compensation
complete fracture
complex regional pain syndrome (CRPS)
compound fracture
Compridur® compression bandage (Beiersdorf)
Comprihaft® compression bandage (Beiersdorf)
Comprilan® compression bandage (Beiersdorf)
Comprinet® pro; Comprinet® S antiembolism stockings (Beiersdorf)
compression dressing
condylectomy
Conformer diabetic boot, walker (Bledsoe Brace Systems)
congenital vertical talus
conical hyperkeratosis
contralateral
coralline hydroxyapatite
cortical screw
cortisone injection
cortisone
CPO (certified prosthetist/orthotist)
crepitus
crescentic osteotomy
CRPS (complex regional pain syndrome)
Cryo/Cuff® (Aircast, Inc.)
cuboid (bone)
cuneiform (bone)
curetted

D

dancer's pad
Danis-Weber fracture classification
DarcoGel® ankle brace
Darco® A.P.B.™ postoperative boot
Darco® SlimLine™ cast boot
Darco®
debrided
debridement
Decadron acetate
deconditioned
deep fascial spaces
degenerative joint disease (DJD)
dehiscence
deltoid ligament
dendritic synovitis
Denis Browne splint
depigmentation
Dermagraft® - See [MT Desk glossary entry](#)
derotational arthroplasty
derotational
DeRoyal ankle contracture boot ([DeRoyal](#))
DeRoyal Three-D Orthopedic [product line] ([DeRoyal Sports Medicine](#))
DesignLine® orthotic ([Langer Biomechanics](#))
dexamethasone
Dexon (suture)
Diab-A-Thotics® orthotic ([Langer Biomechanics](#))
diabetic neuropathy
digital tourniquet
DIP (distal interphalangeal) joint
DIP (distal interphalangeal)
DIPJ (distal interphalangeal joint)
direct fracture
disarticulation
dislocation fracture
dislocation
distal interphalangeal joint (DIPJ)
distal phalanx
distal
DJD (degenerative joint disease)
DonJoy® RocketSoc® ankle brace ([dj Orthopedics \[DonJoy\]](#))
dorsal bump
dorsal cortical margin
dorsiflexed
dorsiflexion
dorsiflexory
dorsoplantar
dorsum of the foot
double fracture
DP (dorsalis pedis) pulse
Dr. Scholl's® ([Schering-Plough HealthCare Products](#))
drawer sign
Dressflex® orthotic ([Langer Biomechanics](#))
Drionic® - device to reduce perspiration ([General Medical Co.](#))
dropfoot gait
Drysol®
DuoDerm® dressing ([ConvaTec](#))
Dupuytren fracture
Dura*Kold or DuraKold wrap, including foot and ankle wrap and surgical foot wrap ([dj Orthopedics \[DonJoy\]](#))

Dura*Soft or DuraSoft wrap, including surgical foot/ankle wrap and universal wrap (dj Orthopedics
[DonJoy])
DuVries hammertoe repair
Dwyer osteotomy
dyshidrosis
dystonic gait
dystrophic gait
dystrophic mycotic toenail(s)
dystrophic nail(s)

E

EBI bone stimulator (EBI Medical)

EDIN procedure (endoscopic decompression interdigital neuroma)

Elodur® fine; Elodur® forte compression bandage(s) (Beiersdorf)

Eloflex®; Eloflex® Lycra® compression bandage(s) (Beiersdorf)

Elohaft® compression bandage (Beiersdorf)

eminence

EMLA® cream - acronym: eutectic mixture of local anesthetic

EMLA® anesthetic disc - See MT Desk glossary entry

endoscopic decompression interdigital neuroma (EDIN) [procedure]

endoscopic plantar fasciotomy (EPF)

EPF (endoscopic plantar fasciotomy)

epicritic sensation

epicritic

epinephrine

eponychia

eponychial fold

eponychium (syn. epionychium)

equine gait

equinovarus

erythromycin 2% solution

Ethibond (suture)

Etonic® running shoes (National Footwear)

Eucerin lotion, cream

evanescent swelling

Evans procedure - ankle

Evazote® (Zotefoams)

eversion

eversion stress test

excisional matricectomy

exertional compartment syndrome

exostectomy

exostosis

exsanguination

extensor contracture

extensor tendons

extensor

F

F-Scan™ mat system ([Tekscan](#))
Fabco wrap; Fabco self-adhesive gauze dressing (W W Medical, 860-536-8499)
fascia
fasciodesis
fascioplasty
fasciorrhaphy
fasciotomy
fatigue fracture
festinating gait
fetid foot syndrome
fiberglass
fibula
field block (anesthetic technique)
fifth metatarsal
first metatarsal-cuneiform arthrodesis
first metatarsal
flail foot
flexor hallucis brevis
flexor hallucis longus
flexor tendon
Floam® cushioning material ([Johnson & Johnson Orthopedics](#))
Florsheim shoes
Flowpac® compression pump ([Huntleigh Healthcare](#))
Flowpress® compression garment(s) & pump ([Huntleigh Healthcare](#))
Flowtron® compression garment(s) & pumps ([Huntleigh Healthcare](#))
fluconazole
fluoroscope
foam mold
footdrop
Footmaxx® orthotics ([Footmaxx](#))
Footmaxx® system - computerized gait and pressure analysis ([Footmaxx](#))
footprint indices (foot type measurement)
footprint
forefoot
fourth metatarsal
Freiberg disease
Freiberg infraction
Friedreich tabes, ataxia, foot, sign
frontal plane
frontal-plane measurement
fulguration
fully-threaded cortical screw
Fungi-Nail® antifungal solution ([Kramer Labs](#))
fusion

G

GAIT - acronym: great toe arthroplasty implant technique
gait: antalgic

apropulsive
ataxic
broad-based
calcaneus
dropfoot
dystonic
dystrophic
equine
festinating
myopathic
propulsive
steppage

gait cycle
gangrene
gastrocnemius reflex
gastrocnemius muscle
gastrocnemius resection
gastrocnemius-soleus muscles
gelatinous
Gel-Band® stirrup ankle brace (FLA Orthopedics, Inc.)
Gelocast® zinc-gel bandage (Beiersdorf)
Gelostretch® zinc-gel bandage (Beiersdorf)
gentian violet
GentleStep™ insoles (Darco)
GentleStep™ shoe (Darco; [product information](#))
genu recurvatum
genu valgum
genu varum
GES (gradient elastic stocking)
Gissane angle (measured on radiograph)
glomus tumor
goniometer
gradient
gradient elastic stocking (GES)
granulating
granulation tissue
great saphenous vein
Grice arthrodesis
Gris-PEG® (griseofulvin ultramicrosize)

H

Haglund deformity - posterior Achilles tendon bursitis
Haglund square-back deformity
hairline fracture
half-shoes
hallux abductovalgus (HAV)
hallux rigidus
hallux valgus deformity
hallux valgus
hammertoe deformity
hammertoe
Hapad Comf-Orthotic® insoles (Hapad, Inc.)
hard corn (heloma durum)
HAV (hallux abductovalgus)
HealWell™ [Clinitex® HealWell™] contracture splint(s), night splint (FLA Orthopedics, Inc.)
heel cord
heel pad
heel spur syndrome
heel spur
heloma durum (hard corn)
heloma molle (soft corn)
helotomy
hemiphalangectomy
Herbert screw
Herbst Cradle™ ankle/foot orthosis (Brown Medical Industries)
Hibiclens™
high-voltage pulsed current (HVPC)
hindfoot
Histofreezer® cryosurgical wart treatment - See MT Desk glossary entry
Homans sign
HVPC (high-voltage pulsed current)
hyfreccated
hyfreccation
Hyfreccator® (Medical Solutions)
hyperkeratosis
hypermobile
hypermobility
hyperostosis
hyponychium

I
I&D (incision and drainage)
Iceman® cold therapy system (VQ OrthoCARE)
IM (intermetatarsal) angle
IM (intermetatarsal)
impingement
incision and drainage (I&D)
incurvated
incurvation
indurated
induration
infracalcaneal bursitis
infracalcaneal
ingrown toenail - onychocryptosis
innervated
innervation
insensate foot
insufficiency fracture
interdigital nerves
interdigital space
intermetatarsal (IM)
intermetatarsal interspaces
internal fixation
interphalangeal (IP)
interpositional toe arthroplasty
interspace(s)
intra-articular
intractable plantar keratosis (IPK)
intra-tendinous calcification
intrinsic muscle strength
inversion-eversion motion
inversion
iontophoresis
IP (interphalangeal) joint
IPK (intractable plantar keratosis)
ipos™ orthotics (ipos North America)

anti-adductus shoe
forefoot relief orthosis
heel lifts
heel relief orthosis
surgical boots
irradiated chondral graft implantation arthroplasty
ischemia
Iselin disease - apophysitis of the fifth metatarsal base

J

Jobst™ stockings (Beiersdorf AG)
Jones fracture
Jones suspension (procedure)
Joplin bunionectomy
Joplin neuroma
Juvara osteotomy
juxtamalleolar lipoma
Juzo® ankle brace (Juzo/Julius Zorn, Inc.)
Juzo® compression stockings/hose (Juzo/Julius Zorn, Inc.)

K

K-wire - 0.035, 0.045, 0.062 [inches, outside diameter] (United American Medical, for example)
K-wire (Kirschner wire) fixation
K-wire fixation
KAFO (knee-ankle-foot orthosis)
Kallassy® ankle support [ankle brace] - patent abstract; also see photograph and description
Keller bunionectomy
Keller resection arthroplasty
keloid
Kenalog® (triamcinolone)
Kendall T.E.D.® hose, stockings
Kerasal® ointment (Draxis Health, Inc.)
keratoderma
keratoma
keratosis
ketorolac tromethamine (injectable NSAID)
Kidner procedure
Kinetec® Ankle CPM 5190™ - for continuous ROM therapy (VQ OrthoCARE)
Kirschner apparatus, splint
Kirschner wire (K-wire)
Kleiger test - syndesmosis; deltoid ligament
Kling™
Kocher approach
Köhler (Koehler) disease
koilonychia (spoon nail)
Kreuscher bunionectomy
Künzli™ ankle shoe (Künzli)

L

L'Nard Multi Podus® - See MT Desk glossary entry
Lac-Hydrin
lamb's wool
Lamisil (terbinafine)
Lapidus bunionectomy
LaPorta great toe MPJ implant (Futura™ Biomedical)
Laschal® suture cutter
last [as in *straight-last shoe*] - a form over which a shoe is constructed
 broad forefoot last
 combination last
 in-flare last
 narrow heel last
 out-flare last
 straight last
lateral cuneiform
lateral deviation of the hallux
lateral malleolus
lateral
leather ankle lacer (orthotic device)
LEAP program - Acronym: lower extremity amputation prevention
LEAP monofilament screening kit
 self-testing sensory kit includes LEAP filament, instructions, questionnaire
leg-length discrepancy
lesser metatarsals
lichen planus
lidocaine and clonidine - for local anesthetic block
lidocaine
ligament
ligamentous laxity
Lisfranc joints: articulations between midfoot & forefoot; tarsometatarsal joints
Lockhart Toe Splint™
long flexor tendon
long leg cast
longitudinal arch
Ludloff (oblique shaft) osteotomy
Ludloff-Akin procedure
lymphangitis

M

macerated
maceration
Maisonneuve ankle fracture
Malleoloc device
malleolus (gen. and pl. malleoli)
Marcaine
March fracture
matricectomy (secondary spelling, matrixectomy)
matrixectomy (matricectomy)
Mau osteotomy
Mayo (bunion repair)
Mayo block (regional anesthetic technique)
McBride (bunion repair)
McGlamry elevator
McKeever arthrodesis
medial cuneiform
medial malleolus
medial
Mephisto® shoes (Mephisto S.A.)
Mercado triple arthrodesis
metatarsal-cuneiform joint axis
metatarsalgia
metatarsectomy
metatarsophalangeal (MTP; MP)
metatarsus adductovarus
metatarsus adductus
metatarsus atavicus
metatarsus brevis
metatarsus lateralis
metatarsus primus elevatus (MPE)
metatarsus primus varus
metatarsus varus
MicroAire Bio-Action™ implant (MicroAire)
middle cuneiform
middle phalanx
midfoot
midstance
midtarsal (Chopart) joints: articulations between hindfoot & midfoot; talonavicular, calcaneocuboid
Mitchell (bunion repair)
Moberg arthrodesis
mobile adaptor
moccasin-type tinea pedis
modified Broström procedure - ankle
modified Mitchell bunionectomy
moleskin
monodactylous cleft
monodactyly
Morton neuroma
mosaicplasty - for treatment of talar dome OCD [also knee]
MosaicPlasty™ system (a.k.a. Acufex® MosaicPlasty™ system)
MP (metatarsophalangeal) joint
MPE (metatarsus primus elevatus)
MPJ (metatarsophalangeal joint)
MTP (metatarsophalangeal) joint
Mulder click, sign
Multi Podus® - See MT Desk glossary entry
Multi-Phase® ankle orthosis (OMNI)
Mycocide NS® topical antifungal (Woodward Laboratories)
mycotic toenail(s)

myopathic gait
myrmecial warts

N

nail bed
nail debridement
nail plate
navicula
navicular drift
navicular drop
navicular
necrosis
necrotic tissue
neoprene
neurectomy
neuroarthropathic
neuroma
neuropathic foot
neurovascular status
neutral position
New Balance® shoes ([New Balance Athletic Shoe, Inc.](#))
N'ice Stretch™ night splint suspension system ([Brown Medical Industries; product information](#))
night cast
night splint
nonedematous
nonerythematous
nonunion
nonweightbearing
normal saline
NuPulse foot compression device ([Kinetic Concepts, Inc.; photograph](#))
nylon

O

OCD (osteochondritis dissecans; osteochondral defect)
offset blade system
Ollier incision, approach
onychchauxis
onychocryptosis (ingrown toenail)
onychodystrophic
onychodystrophy
onychogryphosis (secondary spelling, onychogryposis)
onychogryphotic
onychogryposis (onychogryphosis)
onycholysis
onychomadesis
onychomycosis
onychopathy
onychotomy
open fracture
orthosis (pl. orthoses)
orthotic
orthotist
orthotripsy - See [MT Desk glossary entry](#)
oscillating saw
OssaTron® Orthotripter™ (ESWT system) - See [MT Desk glossary entry](#)
ossicle
ossiform
ossify
ostectomy
osteoarthropathy
osteochondral defect (OCD)
osteochondritis dissecans (OCD)
osteochondritis
osteochondroma
osteogenic
OsteoGen™ surgically implantable bone growth stimulator ([EBI Medical](#))
osteolysis
osteomyelitis
osteophyte
osteoporotic washout
overlapping
overpronation
overriding fracture
overriding hallux
overuse syndrome

P

palliative therapy, treatment
palmoplantar warts
palpable click
panmetatarsal
paronychia
paronychial nail infection
paronychial
partial nail avulsion
patellar-tendon-bearing orthosis
pedal arch
pedal pulse
Pedi-Dri® (nystatin topical powder USP)
Pedifix® crest pad (a.k.a. buttress pad)
pedorthist - specialist in the design, manufacture, modification of prescribed shoes and related foot appliances
Pelite - polyethylene closed-cell foam
Penlac™ nail lacquer (topical antifungal) - See MT Desk glossary entry
percussion ("thump") test
periarticular
peripheral nerve block
peroneal muscles
peroneal nerve entrapment
peroneal spastic flatfoot
peroneal tendon sheath
peroneal tendon subluxation
peroneus brevis
peroneus longus
pes cavus
pes planus
PF™ night splint (AliMed, Inc.)
phalangeal
phalangectomy
phalangitis
phalangophalangeal
phalanx (pl. phalanges)
phenol
phenolization
phlebitis
PhleboPump™ dorsiflexion device (Prevent Products, Inc.)
pigmentation
pilon (plafond) fracture
PIP (proximal interphalangeal) joint
PIP (proximal interphalangeal)
PIPJ (proximal interphalangeal joint)
pitted keratolysis
pitting edema
PLA (polylactic acid) absorbable screw
planovalgus
plantar aponeurosis
plantar fascia
plantar fasciitis
plantar flexion
plantar nerves
plantar rest strapping
plantar wart (verruca pedis)
plantarflexory
plantigrade posture
plantigrade
Plastazote® (Zotefoams); MT Desk glossary entry
PlexiPulse® intermittent pneumatic compression device for DVT prophylaxis (Kinetic Concepts, Inc.)

[KCI]

PlexiPulse® foot wrap (**Kinetic Concepts, Inc. [KCI]**)

PLLA (poly-L-lactic acid) screw, pin - biodegradable fixation device

PneuGel™ ankle support/brace (**Sroufe Healthcare Products**)

pneumatic ankle tourniquet

podagra

podagral

podagric

podalgia

podarthritis

podedema

PodiClens™ OTC foot sanitizer (**Woodward Laboratories**)

pododynia

podogram

Pod-Orthoses™ insoles (**Darco; product information**)

polylactide absorbable screw(s)

poly-L-lactic acid (PLLA) cortical screw - biodegradable fixation device

polypropylene orthotic

Polysorb (suture)

popliteal fossa neural blockade (regional anesthetic technique)

posterior tibial tendinitis

posterior tibialis (PT)

posterior tibiofibular ligament

Pott fracture

power burr

PPCID™ (pneumatic peripheral circulation improvement device) - Rx slipper-like SFCD. See **MT Desk**

glossary entry

PRICE (protection, rest, ice, compression, elevation)

Primus™ flexible great toe implant (**Futura™ Biomedical**)

Prolene (suture)

pronated

pronation

propulsive gait

prosthetist

Pro-Tech Fit sport orthotics (**PAL Health Systems**)

proximal interphalangeal (PIP)

proximal interphalangeal joint (PIPJ)

proximal phalanx

proximal

PT (posterior tibialis) pulse

pump bump (retrocalcaneal bursitis)

purulence

purulent drainage

R

Ragnell retractor
ram's horn nail
range of motion (ROM)
ray
rearfoot
reflex sympathetic dystrophy (RSD)
Regnauld classification system
Regranex® - See MT Desk glossary entry
Reiter syndrome
relative rest
relaxed flatfoot
removable walking cast
Restore® AF antifungal lotion (Laxim Laboratories, 888-663-8644)
Restore® AF antimicrobial skin cleanser (Laxim Laboratories)
retrocalcaneal bursitis
retrocalcaneal
retrograde massage
retromalleolar bursitis
Reverdin bunionectomy
RICE - acronym: rest, ice, compression, elevation
Richie ankle brace - developed by Douglas Richie, DPM (PAL Health Systems)
rigid flatfoot
rigid-soled postoperative shoe
Rochester bone trephine
rockerbottom foot
RocketSoc® (dj Orthopedics [DonJoy])
Rockport (shoes)
Rohadur orthotic(s)
RollBlock™ ankle support (CMO, Inc.)
ROM (range of motion)
Romika (shoes)
rotary burr
rotational
RSD (reflex sympathetic dystrophy)
rubber walking heel
rubor

S

SACH - acronym: solid-ankle, cushioned heel
SAFE - acronym: stationary attachment flexible endoskeletal
sagittal plane
sagittal-Z osteotomy
salicylic acid
Saucony shoes (Saucony)
scarf bunionectomy
scarf osteotomy
SCD (sequential compression device)
SCFD (sequential foot compression device)
second metatarsal
self-tapping lag screw
Semmes-Weinstein monofilament test
Semmes-Weinstein test
sequential compression device (SCD)
sequential foot compression device (SCFD)
seronegative
serosanguineous serous drainage
serpentine
sesamoid
sesamoidectomy
sesamoiditis
Sever disease (calcaneal apophysitis)
Sgarlato lesser toe MP implant (Futura™ Biomedical)
SherForm TPE; SherForm silicone insoles (Sher™ Company)
shoe terms: flare, heel counter, lace stay, last, liner, quarter, shank, sole, toe box, vamp
short flexor tendon iontophoresis
short leg cast
signal intensity
Sigvaris® compression stockings/hose (Ganzoni Sigvaris; Sigvaris Inc. [USA] - 770-631-1778)

Sigvaris® Delilah, Samson, Sculptors, etc., (supportsocks.com)
Silipos digital pad, insoles, etc. (Silipos)
Silopad™ bunion shield, digital pad, digital caps (Silipos)
Silvadene™ cream (silver sulfadiazine 1%)
Silver bunionectomy
Simmonds (Thompson) test - for Achilles tendon rupture
sinus tarsi
sinus tract infection
skew
skew foot (metatarsus adductus)
slap hammer
Slimthotic® orthotic (Langer Biomechanics)
slough (s/l sluff)
SmartPin™ (PLLA pin) - See MT Desk glossary entry
SmartScrew™ (PLLA screw) - See MT Desk glossary entry
Snugs™ foot glove; Snugs™ foot/plantar wrap (Incare, Inc.)
soft corn (heloma molle)
sole
Sonicator® (Mettler Electronics)
Sorbothane® footwear, insoles, heel cushions, etc. (Sorbothane, div. of Leyland & Birmingham Ltd.)
Sorbsan™ wet wound dressing (Delasco)
SP™ (single patient) ankle orthosis (VQ OrthoCARE)
spasmodic flatfoot
Spenco insole (Spenco)
splay foot
splay
Sporanox® PulsePak™ - See MT Desk glossary entry
STAR (Scandinavian total ankle replacement) prosthesis - available in U.S. only under FDA approved
IDE

stasis ulcer(s) static mold
Steady Step™ walker - walking cast/brace/boot (Brown Medical Industries)
Steinmann pin
stellate fracture
stenosing
stenosis
steppage gait
Steri-Strips
Stieda process
STNP (subtalar neutral position)
Stone bunionectomy
strapping
stress fracture
StrideRite (shoes)
styloid process
subchondral sclerosis
subchondral
subcuticular
subluxation
subtalar joint
subtalar neutral position (STNP)
subungual exostosis
subungual ulceration
Sullivan sign - associated with chronic neuroma formation causing toes to spread
Supazote® (Zotefoams)
superficial peroneal nerve
Superform Stylotic® orthotic (Langer Biomechanics)
supination
Supp-Hose™ support stockings
suppuration
Sure Step® stirrup brace (Joint Solutions, Inc.)
SurgiLav Plus hydro-debridement system - See MT Desk glossary entry
sustentaculum tali
Swede-O® Ankeloc™ (Swede-O)
Swede-O® brace (Swede-O)
swing phase [part of gait cycle]
Syme ankle disarticulation, amputation
sympathectomy
syndesmodial joint
syndesmosis tibiofibularis
syndesmotoc joint
synovial effusion
synovial fluid
synovial impingement

T

tabes
tabetic
tailor's bunion
TakeOff™ Ankle Protec™ wrap (Smith and Nephew Inc.)
talar dome
talar tilt test
talipes calcaneus
talipes equinovarus
talipes equinus
talipes valgus
talipes varus
talipes
talocalcaneal
talocrural
talofibular ligament
talofibular mortise
talofibular
talon noir (black heel)
talonavicular joint axis
talonavicular joint
talonavicular
talotibial exostosis
talotibial joint (TTJ)
talus
tannic acid
taping technique
tarsal canal
tarsal coalition
tarsal tunnel release
tarsal tunnel syndrome
tarsal tunnel
tarsometatarsal (TMT) joint
tea soaks (black tea)
T.E.D.® hose, stockings (Kendall)
Telos ankle stress apparatus, device - to assess ankle instability
tendinitis (secondary spelling, tendonitis)
tenosynovitis
TENS (transcutaneous electrical nerve stimulation)
TENS unit
terbinafine (Lamisil)
Therafirm™ compression stockings/hose (Therafirm Compression Products Corp.)
third metatarsal
Thomas heel
Thompson (Simmonds) test - for Achilles tendon rupture
Three-D short leg walker [brace, boot] (DeRoyal)
"thump" (percussion) test
tibia
tibial pilon (plafond)
tibial plafond (pilon)
tibial plateau
tibial torsion
tibial tuberosity
tibiofibular syndesmosis
tibiofibular torsion
Tillaux fracture
TIML (transverse intermetatarsal ligament)
tinea pedis
Tineacide® - OTC topical for fungal infections of toes and fingers
Tinel sign

TMT (tarsometatarsal)
toenail
tophaceous gout
total nail avulsion
total-contact cast
Tourni-cot™ exsanguinating tourniquet - See [MT Desk glossary entry](#)
tourniquet
towel curls
transchondral fracture
transcutaneous electrical nerve stimulation (TENS)
transverse flatfoot
transverse intermetatarsal ligament (TIML)
transverse plane
tricorrectional bunionectomy
tricorrectional osteotomy
trigger point
trimalleolar fracture
triplane fracture
triple arthrodesis
Truform™ compression stockings/hose
TTJ (talotibial joint)
tuberosity
tuft
Tuli's® heel cup, heel cushion - See [Muller Sports Medicine](#)
tuning fork test - for fracture, stress
turgor
T-Walker universal ambulatory AFO ([Orthotic Rehab](#))
tyloma (see callus, callosity)
tylosis (see callus, callosity)

U

UCBL (orthosis, insert) - acronym: University of California Berkeley Laboratory
UCOheal® Adjust-a-Lift heel lift ([UCO International](#))
UCOlite® ([UCO International](#))
ultrasound
UnderDog system of modular orthotics; insoles, heel spur cushion, components ([PAL Health Systems](#))
underlapping toe(s)
ungual tuft
uniportal plantar fasciotomy (UPF); see

[procedure description](#) (A.M. Surgical)
[Advance for HIM](#) online - 2/26/01
Unna boot
UPF (uniportal plantar fasciotomy)

V

v-shaped sliding osteotomy
valgus index (foot type measurement)
valgus
Valleix sign, point
varus
vascular calcification
Velcro
Venodyne® compression device for DVT ([Microtek Medical](#), div. of Isolyzer)
venous stasis ulcer(s)
Verr-Canth™ (cantharidin)
verruca (pl. verrucae) - wart(s)
verruca pedis - plantar wart
vibration perception threshold (VPT)
viscoelastic heel cushion
Viscoheel® ([Bauerfeind USA, Inc.](#))
Viscolas® insoles, heel cushions, heel spur cushions ([Viscolas](#))
VPT (vibration perception threshold)

W

WACH shoe - pronounced "watch"; acronym: wedge adjustable cushioned heel)
Wagner classification - of diabetic foot ulcers
Wagstaffe fracture
WalkCare™ - OTC slipper-like SCFD. See [MT Desk glossary entry](#)
walking cast
wart (verruca)
watch shoe - See WACH shoe
Watson-Jones procedure - for ankle instability
Weber type C ankle fracture
wedge shelf osteotomy
weightbearing
Weil distal shortening osteotomy
Weil osteotomy
WEST (Weinstein enhanced sensory test)
WEST-foot™ - See [description](#)
Whirlpool
Winograd procedure (nail surgery)
Wolin sign - scar tissue in the ankle
Wound Care Shoe System™ ([Darco](#); [product information](#))
Wound Stick™

X

xerosis
XeroSox cast/bandage protector ([XeroSox](#))
Xylocaine® (lidocaine HCl)

Y

YAG laser
Youngswick modification (of Austin bunionectomy)

Z

Z-bunionectomy
Zinco walker ([Zinco Industries](#))