

 **Roy A. Rothman, DPM, FACFAS**

For Patricia Hernandez, the pain of plantar fasciitis went from annoying to nearly disabling in a matter of months.

“It started in the middle of 2005,” recalls Patricia. “I experienced a sharp pain in my right heel just after I woke up every morning. Sometimes the pain was so bad, I worried that I would collapse if I walked on it.”

FHCN PHOTO BY NERISSA JOHNSON



Patricia Hernandez

Patricia’s job kept her continually on her feet, adding to her discomfort. Several of her co-workers shared that they had found relief with help from board-certified podiatrist Roy A.

Rothman, DPM, FACFAS.

Patricia scheduled an appointment with Dr. Rothman, and when she met him for the first time he quickly assured her that he could help her, too.

“Dr. Rothman was very knowledgeable and very nice,” says Patricia. “He understood just how much pain I was in and how reluctant I was to have surgery on my foot. He had seen and treated this condition so many times before and knew exactly what steps I had to take to relieve my pain, and he spent a lot of time teaching me why they were necessary.”

Patricia used night splints, a special boot, exercises, and physical therapy under Dr. Rothman’s direction. Then, she graduated to a customized orthotic fabricated using advanced digital technology.

PedAlign brings custom orthotics into 21st century

PROPER POSITIONING. PedAlign helps Dr. Rothman prescribe a custom-tailored orthotic for each patient’s needs.



PedAlign solution

“When the delicate structures of the foot are misaligned, carefully crafted and designed orthotics prescribed by a skilled practitioner can provide support and improve the alignment of soft tissue and



Roy A. Rothman, DPM, FACFAS, is a board-certified podiatrist in Orange City. He earned his bachelor of arts degree at Ithaca College, NY, and continued his postgraduate studies at Columbia University. He completed his medical school training at the New York College of Podiatric Medicine. Following his surgical residency at Westchester Hospital, Miami, he was an associate with the Foot Centers group in Orlando and Melbourne. He was voted Best Podiatrist in West Volusia County in 2002 and again in 2003 and, more recently, was voted one of America’s Top Podiatrists by the Consumers’ Research Council of America. Dr. Rothman is on staff at Central Florida Regional Hospital, DeLand Surgical Center, Florida Hospital Fish Memorial, and Lake Mary Surgery Center. He is a member of the Florida Podiatric Medical Association, American Podiatric Medical Association, and American College of Foot and Ankle Surgeons and is certified by the American Board of Podiatric Surgeons and American Professional Wound Care Association.



PHOTO COURTESY OF PEDALIGN

of treatment for heel pain and postsurgical correction of structural foot problems, such as bunions.

“PedAlign by Maxmed Technologies is a revolutionary digital casting system that uses infrared image scanning to indicate where pressure points are located on the foot so the orthotic can be precisely fabricated with a significantly higher degree of accuracy than is possible with traditional plaster casting,” Dr. Rothman explains.

Dr. Rothman told Patricia he was sure an orthotic designed with the PedAlign system would bring her the relief she needed. He was right.

“Since Dr. Rothman fit me with this orthotic, I’m like a new person,” Patricia proclaims. “It’s like I’m walking on air. My whole life has changed for the better, and whenever I see someone in the kind of pain I used to endure, I hand them one of Dr. Rothman’s brochures. *There is help, I tell them, and it’s in Dr. Rothman’s office.*” **FHCN**—Billie S. Noakes

Making tracks for foot health

Dr. Rothman looks forward to your response to this article. He is currently accepting new patients. For further information or to schedule an appointment, please call (386) 753-1918. Dr. Rothman’s office is located in the Enterprise Medical Center at 2836 Enterprise Rd., Suite 2, in DeBary, adjacent to Orange City Nursing & Rehabilitation.

joints in the foot,” educates Dr. Rothman. “Orthotics also can reduce abnormal shoe wear and can control the foot, ankle, and leg throughout the gait cycle to reduce foot, ankle, knee, hip, and even low back pain. Orthoses are the mainstay