

*In Pikesville
at 4000 Old Court Rd.*

*In Baltimore at
Falls Road and Cold Spring*



Help for Your Feet

Dr. Stuart M. Goldman

Podiatrist



Fellow, American College of Foot & Ankle Surgeons

Board Certified in Foot & Ankle Surgery by the American Board of Podiatric Surgery

Marquis Who's Who in America Who's Who in Medicine & Healthcare

Author, multiple articles (1997-2008) on foot and leg symptoms.

Strong focus on conservative (non surgical) treatment of the foot, ankle, and leg.

Our practice provides full service podiatric care, from basic treatment such as care for nails and calluses, to intermediate care such as arch supports, injections, casts, or braces, to surgical treatment of painful foot deformities that do not respond to thorough conservative care, to evaluation and management of foot & leg neuropathic symptoms (*according to protocols we have published*).

We welcome patients with symptoms despite other medical care to come in for evaluation.

Patients may come in for evaluation even if they see another podiatrist for care.

Most people get quick relief, usually without surgery, for conditions we treat:

Bunions	Hammertoes	Flat Foot	Tendon Pain
Foot Cramps	Leg Cramps	Diabetic Foot needs	Ingrown Nails
Heel & Arch Pain	Fractures & Sprains	Fungus Nails	Surgical Failures
Corns & Calluses	Morton's Neuroma	"Growing Pains"	Burning Feet
Peripheral Neuropathy		Tarsal Tunnel Syndrome	
Warts & other Skin Growths		"Arthritis" of the Foot & Ankle	
Diabetic Peripheral Neuropathy		Foot & Leg Symptoms of Spinal Stenosis	
Sleep Interference from Leg Pains		Walking Limitations from Leg Pains	

Evaluating foot, ankle, or leg pain of known or unknown cause.

On Staff:	Sinai Hospital	Northwest Hospital	Greater Baltimore Medical Center			
Medicare	Medicaid	BC/BS	Care First	Lifebridge	Cigna	United
Aetna	PHCS	Coventry	MultiPlan	First Health	MedStar	Jai Medical
Johns Hopkins (EHP, USFHP, Priority Partners)				Amerigroup	Bravo (Elder Health)	

**4419 Falls Rd
Baltimore**

**4000 Old Court Road
Suite 301 Pikesville**

HelpForYourFeet.com

(410) 235-2345



Stuart M. Goldman D.P.M. P.A.

Diplomat, American Board of Podiatric Surgery

Fellow, American College of Foot and Ankle Surgeons

Marquis Who's Who in America, Who's Who in Medicine and Health Care

Conservative & Surgical Treatment of the Foot & Ankle

4419 Falls Road Suite A

Baltimore, Md 21211

Office (410) 235-2345

4000 Old Court Road Suite 301

Pikesville, MD 21208

HelpForYourFeet.com

Having published several articles on evaluation and management of foot and leg pain including neuropathic symptoms, Dr. Goldman was included in Marquis Who's Who in America and Marquis Who's Who in Medicine and Healthcare. He has lectured at state and national scientific meetings on material presented in his articles. His articles have been published in the following journals:

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|--|--------------|
| 1. Journal of the American Podiatric Medical Association | (1997, 2003) |
| 2. Journal of Foot and Ankle Surgery | (1999) |
| 3. Diabetes Care (American Diabetes Association) | (2003) |
| 4. Diabetic Medicine (British Diabetes Association) | (2004, 2005) |
| 5. Journal of Family Practice | (2008) |

Symptoms we are often able to help include:

- Numbness, tingling, or burning in feet
- Difficulty walking or standing because of foot or leg tiredness, weakness, or pain
- Cramping or aching in feet or legs at night
- Burning or tingling in feet or legs which is worse at night

These symptoms can frequently be helped even if they have been present for years.

Improvement will be experienced within 3 days to 3 weeks of treatment if we will be successful.

Our office provides care for many simple and complicated problems of the foot, ankle, and lower leg. *Before your first office visit ,write down all concerns you want to discuss:*

1. _____

2. _____

3. _____

4. _____

5. _____