



## CHRISTOPHER J. PAPPAS, DPM

BOARD CERTIFIED FOOT AND ANKLE SURGEON

HOLY CROSS ORTHOPEDIC INSTITUTE / HOLY CROSS HEALTH

5597 North Dixie Highway, Fort Lauderdale FL 33334

954.542.4174 | [www.pappaspodiatry.com](http://www.pappaspodiatry.com)

### **What are the trends you've noticed in your field, particularly in your area of focus?**

Currently in my field of foot and ankle surgery, there have been substantial advances and new technologies in Regenerative Medicine and Orthobiologics. These technologies assist in our ability to help patients heal and recover more quickly from surgery, injury, and overuse syndromes. Advances in bone graft, tissue and ligament repair have constantly been improving over the past several years, which has allowed our patients to recover and heal quicker. In Regenerative Medicine, platelet rich plasma (PRP) and bone marrow aspirate concentrate (bmac) therapies assist our body's potential for healing and tissue regeneration. These therapies have been showing excellent results in the treatment of common foot and ankle conditions, such as plantar fasciitis, Achilles tendonitis, and degenerative arthritis.

Advances in total ankle joint replacement have also been increasing substantially over the past several years. As this procedure has become more refined, we have been able to offer it

as an option for patients suffering from degenerative arthritis of the ankle joint and from the unfortunate recourse of posttraumatic ankle arthritis.

Lastly, in the field of foot and ankle surgery, there is a trend for minimally invasive surgery. As technology and innovation improve, we are able to refine our minimally invasive approaches to allow for less surgical trauma, faster healing times, and quicker return to activity.

### **There are a lot of healthcare providers and fitness professionals in South Florida. What separates you and your practice from others in your field?**

Staying up-to-date with current knowledge and trends in my field, allows me to provide quality and innovative treatments. That, along with my top-notch team that ensures seamless patient care and coordination separates my practice from others in the field. I also pride myself on giving patients the time they deserve in order to provide the best treatment and course of care.