

**GENERAL INFORMATION: 505-724-4300**  
**APPOINTMENTS: 505-768-7507**

[www.NMOrtho.com](http://www.NMOrtho.com)

*We accept most major insurance carriers.*

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201 Cedar Street SE, Suite 6600, Albuquerque NM 87106

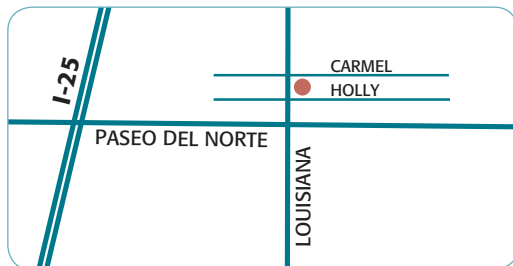
**DOWNTOWN PHYSICAL THERAPY ●**

1010 Lead Avenue SE • Albuquerque, NM 87106  
Just south of Presbyterian Hospital • (505) 724-4400



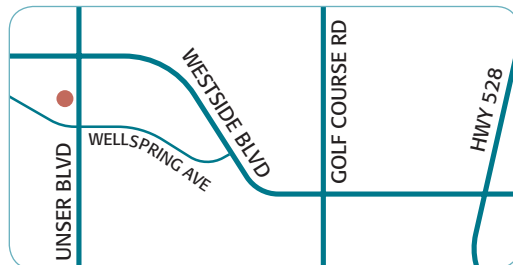
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# NEW MEXICO ORTHOPAEDICS

EXCELLENCE IN MOTION

## FOOT AND ANKLE





## OUR SPECIALISTS



From getting out of bed in the morning, to simply going about your day with a spring in your step, having your feet firmly planted on the ground is sometimes more difficult than it should be. Foot and ankle injuries are common among athletes, non-athletes, children and adults alike. Ill-fitting shoes, aging and being overweight can all contribute to foot problems.

Complaints of foot and ankle pain can come from many sources including:

- Arthritis
- Sprains
- Fractures
- Cartilage damage
- Tendon damage – the attachments of muscles to the bone, become irritated and inflamed



### **Victoria Matt, MD**

BOARD-CERTIFIED:  
Orthopaedic Surgeon

FELLOWSHIP-TRAINED:  
Foot and Ankle Surgery  
Orthopaedic Trauma



### **Floyd Pacheco Jr., DPM**

Doctor of Podiatric Medicine  
and Surgery

FELLOWSHIP-TRAINED:  
Ilizarov Technique

Here at New Mexico Orthopedics we will offer a thorough evaluation of symptoms, a correct diagnosis of the cause of your discomfort and an integrated course of treatment, including physical therapy and rehabilitation services if needed, to get you back on your feet.

Treatments for foot and ankle injuries are as varied as the conditions that affect us. If you are unsure of your diagnosis. Here are some components that your treatment might include:

- Rest
- Footwear Modifications, Orthotics, and Braces
- Ice and Heat Application
- Stretching
- Physical Therapy
- Anti-inflammatory Medication
- Surgery