

TRIAD FOOT & ANKLE CENTER

EXPERT CARE RIGHT IN OUR OWN BACKYARD

The specialists at Triad Foot & Ankle Center are keeping Alamance County residents “on their feet” thanks to their expert care of foot and ankle conditions and injuries. Better yet, since the practice of Drs. M. Todd Hyatt, Brent Evans, Kevin Patel, and Gregory Mayer is located on Westbrook Avenue, no lengthy road trips are needed. Triad Foot & Ankle Center is located right in Burlington and Elon’s backyard.

These foot and ankle care experts are part of a team of eleven medical and surgical specialists with offices in Greensboro, Burlington, Asheboro, and Kernersville. While many believe that nail trims or diabetic foot care are usually the only reason to consider a trip to a podiatrist—or DPM (Doctors of Podiatric Medicine)—these specialized medical professionals actually focus on much more complex foot and ankle conditions, from heel pain to bunions and hammertoes, to reconstructive surgery, sports injuries, wound care and more. Their rigorous training includes not only four years of medical school, but an additional three to four years of surgical residency.

“If something is wrong with your feet or ankles, we can fix it,” says Dr. Hyatt, “from the ankle to the toes, and every nerve and ligament in between. Offering the latest techniques and state-of-the-art technology, we pride ourselves on providing the best possible outcomes for our patients. Our goal is to get you back on your feet and doing what you love to do pain-free.”

Meet Our Doctors

Dr. M. Todd Hyatt’s medical and surgical subspecialty, for example, is bunion care, as well as vascular, dermatologic, and orthopedic abnormalities of the foot, ankle and leg. He is a Burlington native, who graduated from Greensboro College and received his medical degree from the Ohio College of Podiatric Medicine. Dr. Hyatt is Board Certified in foot surgery by the American Board of Foot & Ankle Surgery.

Dr. Brent Evans specializes in sports-related injuries, ankle fractures, flatfoot reconstruction, lower extremity trauma, and reconstructive surgery. Originally from Orange, Texas, Dr. Evans attended the University of Utah before studying at Barry University School of Podiatric Medicine in Miami Shores, FL.

In addition to Dr. Evans, Dr. Kevin Patel also sub-specializes in sports-related injuries and trauma, as well as forefoot and rearfoot reconstruction. As his patients know, if you have a flatfoot or a high arch, he’s the physician to see. Also a North Carolina native, Dr. Patel graduated from North Carolina State University (go Wolfpack!) and earned his Doctor of Podiatric Medicine degree from Temple University School of Podiatric Medicine in Philadelphia.

Dr. Gregory Mayer is the go-to for all general podiatry and diabetic foot care. Dr. Mayer keeps Burlington’s senior and diabetic population healthy and on their feet. A Yonkers, NY native, he attended Manhattan College and received his medical degree from the New York College of Podiatric Medicine, before proudly serving in the U.S. Army as a podiatrist at Fort Bragg. Dr. Mayer is Board Certified in foot surgery by the American Board of Foot & Ankle Surgery.

While each physician has a subspecialty, in addition to general podiatry, every physician at Triad Foot & Ankle Center can provide expert care for all aspects of the foot, ankle and lower leg, treating the mildest cases to the most severe. They also lean on each other’s expertise to ensure the patient experiences the best care.

“Triad Foot & Ankle Center’s approach to patient care is teamwork. When you make an appointment here, you aren’t just getting one doctor, you are getting a team of physicians,” notes Dr. Brent Evans. “Our goal is to provide the best in podiatric medical and surgical care, so we often consult with each other on specific cases to ensure we achieve the best possible outcome and experience for our patients.”

Why Would You Need to See a Podiatrist?

Heel pain, also known as plantar fasciitis, is one of the most common complaints treated at Triad Foot and Ankle Center. Runners, athletes, and everyday working people who are on their feet all day can experience heel pain in the morning or after long periods of sitting.

Bunions are another all-too-common foot malady that more than half of women (and many men) will encounter in their lifetime. This condition of the foot, which is characterized by a bulging bump at the base of the big toe, makes it painful to wear shoes and causes your big toe to bend inward and overlap the adjacent toes.

While people often believe that bunions are the result of wearing high heels, there's more to the story. Many factors contribute to a bunion deformity, and the most significant is typically genetic makeup. Of course, forcing your feet into shoes that are too tight is a way to exacerbate the condition.

Genetics also plays a role in the development of **hammer-toes** (thanks, Mom and Dad!). Hammertoes become painful when the toes raise and bend at the knuckle, causing them to shift into a claw-like position.

Still, there's no reason to suffer and certainly no reason to fear. Relief is typically accomplished with conservative treatments, and surgery only when all other options have been exhausted.

In addition to bunions, hammertoes and heel pain, Triad Foot & Ankle Center also provides treatment for conditions like **nail fungus**, **calluses** and **flat feet**.

What exactly are flat feet? It's a common foot condition that actively affects young children. If you have children who are above the age of five, who complain about regular foot pain, and are still exhibiting no signs of an arch, it's time to make an appointment.



And, while it's all about putting your best foot forward here, the podiatric specialists at Triad Foot and Ankle also specialize in conditions related to the ankles.

Ankle ailments include conditions like **Achilles Tendon Injuries**, **Tarsal Tunnel Syndrome**, and **Chronic Ankle Instability**, issues that can be the result of a genetic weakening of muscles and tendons in the ankles or brought on as a result of a prior injury.

One treatment option for the majority of the foot and ankle problems is custom orthotics. These specially tailored orthotics provide a more personalized approach to treating many foot conditions, unlike store-bought inserts that are made for the mass market and are a catch-all for generic foot problems. The team here can digitally scan or make a foam impression of your foot in-office and make inserts for either your everyday or dress shoes, allowing you to continue to wear the shoes you love.

Need a foot and ankle evaluation? Simply call 336-375-6990 or go to triadfoot.com for more information or to request an appointment.

Triad Foot & Ankle is also currently offering virtual visits for those who wish to remain in the safety and comfort of their own home.



Triad Foot & Ankle Center
Partnering for exceptional care.

1680 Westbrook Ave
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(336) 538-6885
MONDAY – FRIDAY
8:00 am – 5:00 pm