

# Practical Podiatry

By



*DOROTHY L. HARRIS*

Sebring Foot Care is therapist Steve Hise, Podiatrist, Dr. Joni Jones, long term employee Tammy and therapist Randy Hise.

Nestled at 206 W. Center Avenue in downtown Sebring is a podiatry practice started over twenty years ago by Dr. Joni Jones. “I graduated from the Ohio College of Podiatric Medicine and in 1991 I arrived in Sebring with fifty dollars, a black bag and a car my brother bought for me. I started doing house calls at mobile home parks to slowly begin building my practice.” Providing specialized care for the feet, ankle and lower legs is a natural fit for this dynamic doctor, dancer and runner who found her career in an unexpected way.

“I was having foot problems and runners know a podiatrist can fix these. I went to a podiatry clinic for my issue and found the career I was looking for. I spent the next four years in medical school and did my pre-med residency with four of my seven children still in the home,” remembers Jones.

Over the years, she has treated thousands of patients, stressing the importance of foot care for everyone, especially diabetics. “All diabetics should see a foot doctor, because most of their issues are related to their feet or legs. People don’t realize eighty-five percent of non-traumatic amputations are on diabetics. Check your feet weekly,” she insists, suggesting a mirror to help in viewing the soles of one’s feet. Jones’ practice accepts Medicaid and Joni reminds insurance completely covers foot care too, so there’s no excuse for not getting help, especially with neuropathic issues.

Jones provides surgery for ulcer and wound care, ingrown or fungal nails and inserts for heel spurs and arch pain. “We found a company providing unique, heat-molded, customizable inserts for shoes. They are made right here for our patients during their appointment and are less expensive than most. Once molded, they are like having nothing in your shoe, yet they correct the alignment of your foot, best positioning it and helping to correct problems causing pain.”

Employee Steve Hise also points out Dr. Jones has brought another innovative item to our community. “She is the very first podiatrist to introduce Advanced MLS Pain Laser Therapy to Highlands County. Where laser therapy goes from here is all linked back to Dr. Jones taking the risk to invest in this therapeutic device.” Steve

and brother, Randy, are both laser therapists, with Randy working within Jones' practice.

"I went up to Dundee to see the laser in use and met Randy, who was working at the practice I visited," explains Jones. "Randy soon came to work for me and now he and his brother will be opening their own business, Laser Wellness Center, nearby Highlands Regional Medical Center. There are only five hundred of these in the country and we are very fortunate that two of them are now located in Highlands County."

Jones has seen remarkable results in her patients following treatment with the laser. "It's really incredible and I am so excited to see how it is helping patients recover faster from injuries or surgeries. It's also been wonderful relieving chronic pain from arthritis or bursitis. It's just been remarkable."

While Jones may employ cutting-edge technology in her practice, she is quick to state, "We're an old-fashioned practice. I have three employees and one, Tammy, has been with me for nineteen years as my right-hand-gal. We are very caring and we take time," Jones insists. "We give a thorough exam and specialized treatment. It may take a little longer but every patient gets focused care. We go the extra mile and often notice small things which might otherwise go unseen."

Jones laments how people are terrible to their feet, adding if you've done bathroom surgery, come see her because she can fix it. "Come get your feet examined at our loving, caring practice. We really get to know our patients and we welcome everyone," adds Jones, who has a multi-racial family of seven children, seventeen grandchildren and four great-grandchildren of her own. "Family is the most important thing and our patients are part of our practice family."

Sebring Foot Care

206 W. Center Avenue, Sebring

Hours: Tues., Wed., Thurs: 9:30 a.m. — 5 p.m.

(863) 382-3228