

Serious Foot Injuries Caused by Motorcycle and Car Accidents

by [John Demas](#) on 10/18/10

Although many studies of [motorcycle and car accidents](#) focus on head traumas, serious foot injuries frequently occur that can permanently change someone's personal and daily work life forever. We often forget how many Americans work every day in restaurant, cashier, construction, day care and other jobs that absolutely demand we be fully ambulatory.

Most Common Types of Foot Injuries Suffered in Traffic Accidents

At least one major study found that [ankle injuries](#) are the most common type of foot damage suffered during a motorcycle or car accident. Fractured ankle bones can take months to heal and may even require multiple surgeries before the injured person can begin trying to walk or move about with the help of any rehabilitative device. Of course, motorcycle riders and their passengers are more likely to damage their feet since they are without the added protective coverage offered by most cars.

As for which part of the foot is most likely to be damaged, apart from the ankle, the forefoot usually sustains the highest number of injuries. While amputation may be necessary for the most serious foot injuries, other critical steps can be taken before this most extreme measure must be pursued.

Types of Accidents Most Likely to Create Foot Injuries

Accidents involving multiple vehicles or motorcycles tend to produce the largest number of foot injuries, followed closely by head-on collisions. Ongoing vehicle design improvements are

necessary to lower the high number of critical foot injuries suffered by Americans each year. It should also be noted that *high-speed* collisions play a major role in many serious foot injuries.

Seeking Out an Experienced Doctor with Strong Diagnostic Skills

A well-trained doctor such as a podiatrist or orthopedist (specializing in foot injuries) must be consulted so that an appropriate treatment regimen can be created for you. Before first meeting with your foot injury specialist, you should seriously consider viewing an online or general reference book drawing of the foot's various bone structures. This can help you better describe to your doctor where you're experiencing the most pain and mobility issues

Key Questions to Ask Your Foot Doctor or Surgeon

Obviously, professional sports players might need to pose special sets of questions to multiple doctors since their goal is to return to their chosen games as soon as possible, without sacrificing full and complete healing. As for the rest of us, we simply need to ask which treatment programs will cause the least interference with our jobs and other daily activities.

Among other key questions, you might want to ask your foot specialist:

- Which foot supports or casts are best for your type of injury;
- Whether crutches or a wheelchair might provide you with the best mobility before your foot is fully healed;
- What incidental injuries, such as soft tissue tears or other complications might hinder a rapid recovery in your case;
- If it's best for you to stay off your damaged foot for a certain period of time to maximize the overall healing process;
- If a comprehensive rehabilitative program is necessary. Bear in mind that you cannot benefit from most therapeutic programs if you drop out of them early. Be sure to ask your physical therapist if you can continue your therapeutic exercises at home, long after the formal therapy sessions end.

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