

Dr. Arnold Gross

Innovative mini-surgical & non-surgical techniques for common foot problems



As board-certified podiatrist and a runner, Arnold Gross, DPM, FACFAS, knows about foot injuries from personal and professional experience. So it's no coincidence that many of his patients are runners, too.

"Runners like to go to doctors who run," says Dr. Gross, who prefers the West Bloomfield Trail Network, a meandering Rails-to-Trail route made of crushed cinder block (easier on the feet than concrete) for his 20 miles a week routine. "Runners hope that I can help them get better without telling them to stop running. It's that way with golfers, walkers and those who play tennis, too."

And while Dr. Gross is a member of the American Academy of Podiatric Sports Medicine, in addition to a Fellow of the American College of Foot and Ankle Surgeons and a member of the American Diabetes Association, his patient population reflects a wide range, from elderly to children, and from people with chronic problems such as poor circulation to those with common foot conditions such as corns, bunions and bone spurs.

Dr. Gross attended Wayne State University and the Ohio College of Podiatric Medicine in Cleveland. Dr. Gross is one of the first foot and ankle specialists in the country to perform a relatively new surgical technique for Morton's neuroma (cramping/burning in the ball of the foot and toes) and plantar fasciitis (heel pain) using the Isogard system developed by Koby Surgical.

With the introduction of this new surgical technique, Dr. Gross can now use one small incision to perform plantar fasciotomies and Morton's neuroma decompressions in a matter of minutes. The increased precision of the instrument results in less trauma to the surrounding tissue, one or two stitches and generally, a faster recovery.

"With this instrument, surgery takes minutes, and recovery is less painful, easier, faster and safer," says Dr. Gross, whose former residency director in Houston introduced him to the new procedure. "The nerve is left intact with less chance of sensory loss."

The innovative instrument allows only a tiny incision to be made, and then Dr. Gross releases a small portion of the ligament. Patients can usually return to activities in days rather than weeks or months. Athletes like it because they can usually get back to their exercise routine much faster than with traditional surgery.

Dr. Gross has treated thousands of patients in his 25 years of practice, and has been pleased with the Isogard system if surgery is deemed necessary. But whenever possible, he prefers to employ a nonsurgical procedure – OssaTron – to treat foot pain. OssaTron utilizes high-energy shock waves; there are no incisions or stitches. This highly effective technique, which is performed on an outpatient basis, presents fewer risks and reduces a patient's downtime.

At his comfortable offices in Bingham Farms and West Bloomfield, Dr. Gross is quite at home, and his patients are as welcome as family. His interest in amateur photography is evident throughout the office, as walls are adorned with striking landscape photographs.

Dr. Gross describes his practice as a full-service podiatry office. In addition to his innovative work with the Isogard system, he is also certified in diagnostic ultrasound to detect soft tissue injuries and tumors. To treat warts and ingrown toenails, Dr. Gross uses an in-office laser, and he also uses low-dose X-rays as a diagnostic tool. He's also an expert in foot and ankle orthotics and braces, including shoe modifications and prescription shoes.

In addition, Dr. Gross has been teaching patients

with diabetes about proper foot care for more than 25 years through the American Diabetes Association and local hospitals.

Though he divides his time between two offices, Dr. Gross still describes himself as a doctor with "old-fashioned values, today's technology."

"I was raised in a hardware store in northwest Detroit," says Dr. Gross. "That was my father's business, and he taught me the importance of learning a skill."

Although his career path took him from locksmith to respected foot surgeon, Dr. Gross still knows the key to customer service – and for 25 years, he's been unlocking the secret to healthy feet for thousands of men, women and children.



Hechtman Health Center

31500 Telegraph Rd., Suite 235
Bingham Farms, MI 48025
248-646-6882

Lakes Medical Center

2300 Haggerty Rd., Suite 1175
W. Bloomfield, MI 48323
248-960-4444