

JONATHAN R. SALUTA, M.D.

Orthopaedic Surgery  
Foot & Ankle Specialist

## About Jonathan R. Saluta, MD

Jonathan R. Saluta, MD is a board eligible orthopaedic surgeon with subspecialty training in foot and ankle surgery. He received his Doctor of Medicine degree from the University of North Carolina at Chapel Hill. His orthopaedic residency was completed at the Medical College of Virginia, and his fellowship training was finished at Duke University Medical Center. His research has focused on biomaterials in total joint replacement. His publications include review articles about sports injuries of the foot and ankle as well as a book chapter on minimally invasive techniques in foot trauma surgery.

Dr. Saluta is a member of the American Academy of Orthopaedic Surgeons as well as the American Orthopaedic Foot and Ankle Society. He is an associate of the Los Angeles Orthopaedic Center. He is a member of the Trauma Team at California Hospital Medical Center. In addition, he has been a medical consultant for KABC 7 news in Los Angeles.



*Jonathan R. Saluta, M.D. is a member of the Los Angeles Orthopaedic Center, an orthopaedic group based in downtown which has subspecialists trained in hip and knee reconstruction, sports medicine, spine, upper extremity, and foot and ankle surgery. Group physicians include Dr. Marc Samson, Dr. Tae Shin, Dr. Von Kilagblian, and Dr. Annette Billings.*

*Dr. Saluta is credentialed at:  
California Hospital Medical Center  
Good Samaritan Hospital  
St. Vincent's Hospital.*

*Dr. Saluta sees patients at his downtown clinic:  
Los Angeles Orthopaedic Center  
1245 Wilshire Blvd. Suite 200  
Los Angeles, CA 90017*

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BUNIONS,  
HAMMERTOES, FLATFEET,  
HEEL PAIN, ARTHRITIS,  
PLANTAR FASCIITIS,  
ACHILLES TENDONITIS,  
ANKLE SPRAIN, FRACTURES,  
DEFORMITY CORRECTION,  
SPORTS INJURIES,  
WORKERS' COMPENSATION

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## Healing Foot & Ankle Pain



Orthopaedics  
Workers' Comp  
Sports Injuries

Los Angeles  
Orthopaedic  
Center

## Sports Injuries

- Have you twisted your ankle or foot in the past and still experience pain and swelling?
- Does your foot or ankle pain prevent you from running or playing a sport?
- Does your foot or ankle feel unstable and prone to injury?
- Do you experience painful popping or snapping in your foot or ankle?

### What we can do for you...

Sport and exercise related injuries of the foot and ankle are extremely common. It is unwise to ignore an injury which has not resolved in due course. Untreated sports injuries may lead to joint arthritis, bony dislocation, and arch collapse. Starting with a complete exam and with the aid of imaging studies such as MRI, we can diagnose your sports injury and treat it appropriately. We use a combination of physical therapy as well as orthotic inserts and braces to facilitate return to sport activity. More severe cases may require surgery to stabilize bony fractures or dislocations, repair torn ligaments or tendons, or remove scar tissue using minimally invasive arthroscopy procedures.



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## Bunion and Hammertoes

- Do you or someone you know have the following:
  - Toes that overlap each other?
  - Soreness under the balls of your feet?
  - Toes which are no longer straight?
  - Painful calluses on the tops or tips of toes?

### What we can do for you...

We usually start with conservative treatment such as recommending proper shoes, taping deformed toes, and prescribing special orthotic inserts. We also offer injections to relieve pain. Early treatment of these problems can prevent worsening of the deformity. We also perform surgical correction of bunion and hammertoe problems through a variety of techniques. Surgery primarily provides good pain relief and usually results in an improved cosmetic appearance of the foot as well.

## Heel Pain

- Do you favor walking on your toes to avoid pressure on your heel?
- Do you feel as though your heelpad is thinning?
- Does your heel hurt with the first step in the morning?
- Does you feel pain in your Achilles tendon?

### What we can do for you...

We commonly treat disorders such as plantar fasciitis, Achilles tendonitis, stress fractures of the

## Flatfoot Deformity

- Have your arches collapsed?
- Have your feet always been flat but started to hurt recently?
- Does your child have painful flatfeet?

### What we can do for you...

Although many specialists treat foot and ankle problems, Dr. Saluta is an expert in deformity correction. He has mastered techniques in alignment restoration as a fellow in orthopaedic surgery at Duke University Medical Center. We can recommend proper orthotics to realign and support the foot. We can surgically restore your arch. We can correct malalignment from previous trauma. We can also handle management of pediatric flatfoot problems.



heelbone, and tarsal tunnel syndrome. These seemingly minor problems can seriously affect job performance as well as diminish overall activity level. These can be persistent problems which can take a long time to resolve. Because this pathology can be resilient, we like to treat these conditions aggressively with a combination of immobilization, physical therapy, orthotics, and activity restriction. More resistant cases require surgery. Great care must be taken to avoid damage to critical nerves and vessels in the foot. A well-trained surgeon is necessary to provide the best results.

## Arthritis and Joint Replacement

- Do you experience severe foot or ankle pain and swelling at the end of the day?
- Do you feel grinding in your feet or ankles?
- Do you have documented rheumatoid or osteoarthritis?
- Do you have a long history of gout or psoriasis?

### What we can do for you...

Arthritis occurs commonly in the knee or hip but can manifest in the foot and ankle as well. The disease is usually progressive, and the pain can be disabling. Early intervention can often prevent deformity and improve quality of life. Initial therapy includes appropriate orthotic inserts and braces. Surgery is recommended if these measures fail. We may recommend fusion of the arthritic joints using a variety of techniques. New advances in technology have led to more reliable joint replacements in the ankle and big toe joints. You may be a good candidate for one of these motion sparing procedures.



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