



Dr. Kristin Titko

LOCAL PODIATRIST – AVID RUNNER

SPEAKING TOPICS

SPORTS INJURY TOPICS:

How to treat and avoid:

- Running injuries to the foot and ankle
- Basketball injuries to the foot and ankle
- Fitness training injuries to the foot and ankle
- Heel pain: what is it and why doesn't Dr. Google have all the answers
- Sports injuries to the foot and ankle and how to get back in the game

ADULT FOOT TOPICS:

- Arthritis of the foot and ankle
- Normal and abnormal changes to your feet over time and miles
- Stronger feet for better balance

GENERAL TOPICS:

- Diabetic feet and how to keep them healthy
- Working on the line and keeping your feet happy
- Work place injuries to the feet and ankles...how can I get back to work
- Sprain, strains and other injuries to the foot and ankle
- Arthritis of the foot and ankle
- Bunions, hammertoes and other structural changes in the feet
- Advances in medicine for foot care: Platelet Therapy, Stem Cell therapy and Laser
- Heel pain-- so many causes and so many treatments

ABOUT

Dr. Titko has more than 20 years of medical and surgical experience treating foot and ankle conditions. In addition to the exceptional care she provides as a Cincinnati foot specialist, Dr. Titko actively represents and promotes the podiatric profession through mentoring programs, where she exposes aspiring young physicians to the world of podiatry, and participates in fellowship programs and advisory boards.

Dr. Titko regularly conducts seminars and community lectures on foot health as a Cincinnati podiatrist. In the past, she has presented to The Arthritis Foundation, diabetic focus groups, area schools and other professional organizations.

To Schedule a Presentation Contact Us