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Dr. Aisha Chaudhry of Pennsylvania Foot and Ankle Associates combines dedication, empathy, and top-notch training to help patients heal from podiatric pain and injury, and move forward with their lives. page 54

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Foot & Ankle
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Aisha Chaudhry, DPM, FACFAOM

Bruce Bruskoff, DPM, FACFAS

Jack Rubinlicht, DPM, FACFAS

Leona Velicov, DPM

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→ **PROFILE**

Dr. Aisha Chaudhry of Pennsylvania Foot and Ankle Associates combines dedication, empathy, and top-notch training to help patients heal from podiatric pain and injury, and move forward with their lives.

Best Foot Forward

by **JENNY GRAHAM**

photography by
NINA LEA PHOTOGRAPHY

When it came time for Aisha Chaudhry, DPM, to choose a profession, a career in medicine was all but predetermined.

"Basically, I come from a family of physicians," says Dr. Chaudhry, whose relatives in the medical profession include a father, a husband, and in-laws, among others. "In our family, the question is, 'What kind of doctor will you be?'"

A proud Temple Owl through and through, she earned her B.A. in psychology and a doctorate at the renowned Philadelphia university, excelling in her studies in areas such as pathology and radiology. Wanting to utilize all these skills in her field, Dr. Chaudhry followed her passion for commitment and excellence into podiatric medicine.

"I always say, 'The feet are the heart of the body,'" she shares. "If you can't stand, you can't walk, you can't move."

At Pennsylvania Foot and Ankle Associates, Dr. Chaudhry uses personalized and

areas of the anatomy, including the Achilles tendon, foot, and heel.

The treatment applies pressure waves to specific areas of the foot, to improve blood circulation with the goal of stimulating the body's natural healing process. This, in turn, can provide measurable pain relief and mobility improvement—thereby improving a patient's quality of life—with next to no side effects. What's more, patients can see results in as little as three treatments, or four weeks' time, according to Dr. Chaudhry.

This is just one of the abundant assets

In addition to offering patients a breadth of knowledge and commitment to continuing education, Dr. Chaudhry is proud to foster a family-like environment in her office that is based on her own strong values of faith and family. Speaking of family, Dr. Chaudhry and her husband, the ophthalmologist Iftikhar M. Chaudhry, M.D., are the proud parents of four children, Ahmed, Jannah, Izzah, and Isa.

"It's a big deal for me to treat patients like family," she says. "I have great people who work with me, including an amazing office manager, and we all treat patients like family. It makes the practice feel like a family business."

Dr. Chaudhry cites fellow podiatric specialists Bruce Bruskoff, DPM, and Jack Rubinlicht, DPM, as particularly valued colleagues.

"Patients love them, and they are very smart and very helpful," she says. "They also believe in treating patients like family."



My goal is to
always go above
and beyond.

—DR. AISHA CHAUDHRY, PENNSYLVANIA
FOOT AND ANKLE ASSOCIATES

compassionate podiatric care to help patients of all ages heal from and overcome a range of issues pertaining to the foot and ankle. She develops a close, personal relationship with every patient, and ensures that each patient's visit is thorough, complete, and never rushed. The practice sees patients at three office locations and at multiple hospitals located throughout the Philadelphia area, and across the river in Hamilton, New Jersey. The practice offers patients a full range of medical services to treat foot, ankle, and heel pain, as well as issues such as ingrown toenails, bunions, diabetic foot and wound care, trauma and fracture care. It also provides a variety of surgical procedures.

Fittingly, mobility and forward motion are central to all aspects of Dr. Chaudhry's life. An assistant professor at the Temple University School of Podiatric Medicine since 2013, Dr. Chaudhry always looks to stay at the leading edge of methodologies, medicines, and treatment modalities.

One exciting cutting-edge treatment Dr. Chaudhry offers is "EPAT," or Extracorporeal Pulse Activation Technology. This noninvasive, FDA-approved technology can be applied to treat acute or chronic musculoskeletal pain that is acute, chronic, or even debilitating in

available at Pennsylvania Foot and Ankle Associates. Ultrasound, X-ray, and vascular testing capabilities allow the practice to serve as a "one-stop shop" for a variety of patient needs.

"Lots of things other doctors might send patients out for, we can do in the office," Dr. Chaudhry shares. "One thing our staff and patients know is that if they need a call back from a doctor, they're going to get it."

Convenience is an important consideration as immediacy for patients in need.

"We work with local hospitals and surgery centers that can accommodate us pretty quickly," Dr. Chaudhry adds. "We can schedule procedures quickly. And, if a primary doctor needs to get a report, they'll get it by the end of the day."

Dr. Chaudhry's professional affiliations also speak to her dedication to the field of podiatry. Board certified by the American Board of Podiatric Medicine, Dr. Chaudhry is a member of the American Podiatric Medical Association, the American Board of Multiple Specialties in Podiatry, and the American Association of Colleges of Podiatric Medicine. As a Temple alumna, Dr. Chaudhry even lends her name, talent, and support to two scholarships to afford greater opportunity to talented medical students.

This offers patients an extra level of care often overlooked in less specialized settings. As Dr. Chaudhry says, "My goal is to always go above and beyond." ■



Pennsylvania Foot and Ankle Associates

Three Locations

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