



Brendan M. McConnell, DPM, F.A.C.F.A.S.



- **Podiatry:
Foot & Ankle**



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Dr. McConnell has surgical privileges at Mary Immaculate Hospital and Mary Immaculate Ambulatory Surgery Center. He has gained extensive experience at the Mary Immaculate Hospital Wound Care Center.

Dr. McConnell's professional affiliations include membership in the American College of Foot and Ankle Surgeons, the American Podiatric Medical Association and the American College of Podiatric Radiologists, where he won first prize in recognition of his study and research in podiatric radiology. He also is a member of The American College of Foot & Ankle Orthopedics & Medicine.

Dr. McConnell and his wife Debbie reside in Yorktown. They have three sons, Ryan, Adam and Evan McConnell. Dr. McConnell currently volunteers his time and medical expertise at the Lackey Free Clinic in Yorktown and has volunteered with Boy Scouts of America and York County Little League.

Dr. Brendan M. McConnell has been recognized by Hampton Roads Magazine in the "Top Docs" issue for several years. As a board certified, American Board of Foot and Ankle Surgery fellow, Dr. Brendan McConnell has been practicing foot and ankle surgery and podiatric medicine on the Virginia Peninsula since 1987. He earned his undergraduate degree in biology from James Madison University with honors. While at JMU, he played NCAA football and was a charter member of the Beta Beta Beta Biology Honor Society.

Dr. McConnell graduated from the Pennsylvania College of Podiatric Medicine (now Temple University) in Philadelphia, where he was voted outstanding student in orthopaedics. He was selected for the Stirling-Harford Honorary Anatomical Society. Dr. McConnell's residency training was at Bon Secours Hospital and Maryland General Hospital in Baltimore. He specializes in the medical and surgical management of the foot and ankle, with particular interests in:

- Sports injuries of the foot and ankle
- Limb preservation
- Heel and arch pain
- Posttraumatic arthritis
- Bunion and hammertoe deformities
- Rheumatoid arthritis
- Painful flatfoot disorders
- Nerve disorders
- Pediatric foot and ankle disorders
- Arthritis
- Dermatologic foot and ankle disorders
- Diabetic wound healing





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Believing in a Way Back: Dana’s Return to an Active Life

When you’re a busy mother of two young boys, the last thing you need is pain slowing you down. That is how Dana, a Geobase Imagery Manager at Langley Air Force Base, felt. With commitments to her family, her job and her personal wellness, the pain had to go.

“I’ve always been active and played sports through high school and college,” explains Dana. She wakes up at 4:00 a.m. to run daily and works at a standing desk.

Dana developed a love for running and had begun training for races when she began experiencing pain in her foot. After the birth of her second son, that pain in her foot began to worsen. However, at only 35 years old, Dana felt as if she were too young to need surgery.

Her doctor at the time started treating the pain with cortisone injections. Although they provided some relief, Dana was limping around and struggling with pain for another year and a half before she met Dr. Brendan McConnell.

“Dana tried appropriate conservative methods first; but because nothing was providing significant relief, surgery was a consideration,” Dr. McConnell explains.

As an active person, Dana wanted to find a doctor who would understand her desire to get back to running and doing the things she loves. “My appointment with Dr. McConnell was eye-opening,” Dana states appreciatively. “He looked at the whole picture to pinpoint the issue with my foot.”

“Dana’s pain was the result of excess foot flexibility and instability that started when she was very young,” Dr. McConnell explains.



“Dana is flat-footed, and this alignment leads to instability and causes stress to ligaments, tendon, and joints. Eventually, the toll of this condition became more and more painful and frustrating.”

Dana decided the surgery was right for her because she wanted to be an active mom. “I didn’t want to just watch my kids play, I wanted to get up and play with them,” she says.

In deciding to undergo surgery, Dana appreciated Dr. McConnell’s advice and encouraging attitude. “He told me, ‘We are going to fix you up. We are going to get this foot better than it ever was!’” Dana says. “Just to hear that really meant a lot!”

After the procedure, Dana made sure to follow all her doctor’s instructions and completed her prescribed rehabilitation exercises. She truly made the best of the recovery time after the surgery, even taking her kids on a trip to Mount Vernon not long after the procedure. “I had to use a knee scooter for my leg, but my kids thought it was the coolest thing ever. We zoomed all over that place!”

Eleven months later, Dana was able to resume running. Now, she is training for her first full marathon. Dr. McConnell is proud of Dana for her tremendous success, noting, “She helped herself have those amazing results!” Dana also appreciates smaller victories. “The coolest thing is walking barefoot in the sand,” she concludes.

