

# Common Foot and Ankle Conditions: How Can You Find Relief?



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# Your Feet and Ankles are Workhorses

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- They bear a lot of weight
- They perform various movements



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# Common Conditions That Cause Foot/Ankle Pain

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- Plantar Fasciitis
- Achilles Tendonitis
- Tarsal Tunnel Syndrome
- Flatfeet
- Bunions
- Hammertoe
- Arthritis
- Hallux Limitus/Rigidus



# Plantar Fasciitis



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# Plantar Fasciitis

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- Most common cause of heel pain in adults
- Typically due to repetitive or excessive stress on the foot
  - Gradual onset of pain at bottom of the heel
  - Worse when taking first steps in the morning or after prolonged sitting leads to inflammation and pain



# Treatment of Plantar Fasciitis

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## Conservative (nonsurgical):

- Shockwave Therapy
- Stretching exercises
- Appropriate footwear
- NSAID, such as ibuprofen
- Shoe Inserts
- Rest
- Ice
- Other (rich platelet plasma injections, etc.)



# Achilles Tendonitis



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# Achilles Tendonitis

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- Inflammation, often caused by repetitive stress on the tendon
- Achilles tendons run down back of lower leg

## **Symptoms:**

- Aching, stiffness, soreness or tenderness within the tendon





# What Contributes to Developing Achilles Tendonitis?

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- A tight Achilles tendon
- Repetitive stress
- Sudden injury
- Wearing high-heeled shoes or clogs frequently



# Treatment of Achilles Tendonitis

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To reduce inflammation:

- NSAID, such as ibuprofen
- Rest
- Ice

To restore function; to remove precipitating factors:

- Shockwave therapy
- Night splints/  
custom bracing
- Stretching exercises



# Tarsal Tunnel Syndrome



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# Tarsal Tunnel Syndrome

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- Compressed nerve in the tarsal tunnel
- Tarsal tunnel is a narrow space inside the ankle

## Symptoms:

- Tingling, burning, or shock-like sensation
- Numbness
- Pain (including shooting pain)
- Symptoms can occur in one spot, or can radiate to heel, arch, toes, calf



# Underlying Causes of the Compression

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- An enlarged structure
  - Varicose vein, cyst, swollen tendon, bone spur, etc.
- An injury
- High arches or flatfeet



# Treatment of Tarsal Tunnel Syndrome

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## Conservative (nonsurgical):

- Rest, ice
- NSAID, such as ibuprofen
- Ankle support
- Shoe inserts

## Surgical:

- Decompress the nerve



# Flatfoot



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# Flatfoot

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## **Congenital:**

- A structural abnormality leading to abnormal rearfoot alignment, abnormal joint motion and too much pressure on rearfoot

## **Acquired:**

- Often involves progressive weakening of supportive rearfoot structures and gradual collapse of the arch





# Treatment of Flatfoot

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## Conservative (nonsurgical):

- Orthotics
- Bracing
- Functional supports
- Physical therapy

## Surgical:

- Reconstruction



# Bunions



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# Bunions

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- More than just a bump
  - Reflects changes in the bony structure
  - Big toe leans toward second toe, misaligning the bones
- More than just a bump

## Symptoms:

- Pain or soreness
- Burning or numbness
- Redness and inflammation
- Difficulty wearing certain shoes



# Bunion Treatment

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## Conservative (nonsurgical):

- Changes in footwear
- Padding

## Surgical:

- Bunionectomy



# Hammertoe



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# Hammertoe

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- Abnormal bend in the 2nd, 3rd, 4th or little toe

## Symptoms:

- Bend in the toe
- Pain / irritation when wearing shoes
- Corns and calluses
- Redness and inflammation
- More severe cases: open sores



# Hammertoe Treatment

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## Conservative (nonsurgical):

- Padding
- strapping
- Changes in footwear

## Surgical:

- Often bunionectomy and hammertoe correction at the same time



# Arthritis in the Foot and Ankle



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# Arthritis in the Foot and Ankle

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- Most common in the midfoot, big toe or ankle
- An inflammation of the joint

## Symptoms:

- Pain and stiffness
- Swelling in or near the joint
- Difficulty walking or bending the joint



# Ankle Arthritis Treatment

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## Conservative (nonsurgical):

- NSAID, such as ibuprofen
- Rigid ankle bracing

## Surgical:

- Fusion (arthrodesis)
- Total ankle replacement (arthroplasty)



# Hallux Limitus/ Hallux Rigidus



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# Hallux Limitus / Hallux Rigidus

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## Osteoarthritis in the big toe (the hallux)

- Hallux limitus
  - Motion is somewhat limited
- Hallux rigidus
  - Range of motion decreases
  - End stage: big toe is stiff



# Treatment of Hallux Limitus/ Hallux Rigidus

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## Conservative (nonsurgical):

- Changes in footwear
- Insoles
- Anti-inflammatory medication

## Surgical:

- Joint-sparing procedures; fusion



# Shoe Selection



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# Shoe Selection: What You Should Know

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- Shoe selection depends on your needs
- Some conditions may require custom-made shoes or modifications
- Shoes should provide stability and rigidity
- No specific company is better
- Be sure to test each shoe individually



# Effective Relief is Available for Your Foot/Ankle Pain

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