Common Foot and Ankle Conditions: How Can You Find Relief?
Your Feet and Ankles are Workhorses

- They bear a lot of weight
- They perform various movements
Common Conditions That Cause Foot/Ankle Pain

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

- 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

Conservative (nonsurgical):

- **Shockwave Therapy**
- Stretching exercises
- Appropriate footwear
- NSAID, such as ibuprofen
- Shoe Inserts

- Rest
- Ice
- Other (rich platelet plasma injections, etc.)
Achilles Tendonitis
Achilles Tendonitis

- 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?

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

To reduce inflammation:
- NSAID, such as ibuprofen
- Ice
- Rest

To restore function; to remove precipitating factors:
- Shockwave therapy
- Stretching exercises
- Night splints/custom bracing
Tarsal Tunnel Syndrome
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

- An enlarged structure
  - Varicose vein, cyst, swollen tendon, bone spur, etc.
- An injury
- High arches or flatfeet
Treatment of Tarsal Tunnel Syndrome

Conservative (nonsurgical):
- Rest, ice
- NSAID, such as ibuprofen
- Ankle support
- Shoe inserts

Surgical:
- Decompress the nerve
Flatfoot
Flatfoot

**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

Conservative (nonsurgical):

- Orthotics
- Bracing
- Functional supports
- Physical therapy

Surgical:

- Reconstruction
Bunions
Bunions

- 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
- Redness and inflammation
- Burning or numbness
- Difficulty wearing certain shoes
Bunion Treatment

Conservative (nonsurgical):
- Changes in shoewear
- Padding

Surgical:
- Bunionectomy
Hammertoe
Hammertoe

- 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

**Conservative (nonsurgical):**
- Padding
- Changes in shoewear
- strapping

**Surgical:**
- Often bunionectomy and hammertoe correction at the same time
Arthritis in the Foot and Ankle
Arthritis in the Foot and Ankle

- 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

Conservative (nonsurgical):
- NSAID, such as ibuprofen
- Rigid ankle bracing

Surgical:
- Fusion (arthrodesis)
- Total ankle replacement (arthroplasty)
Hallux Limitus/
Hallux Rigidus
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

Conservative (nonsurgical):

- Changes in shoewear
- Insoles
- Anti-inflammatory medication

Surgical:

- Joint-sparing procedures; fusion
Shoe Selection
Shoe Selection: What You Should Know

- 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