

# Ankle Arthritis

A Common Overuse  
Condition of the Ankle

# Arthritis

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- Arthritis – a general term for a group of more than 100 diseases
  - Osteoarthritis – the most common form of arthritis in the ankle

# Arthritis Is Joint Inflammation

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## Arthritis in the ankle joint:

- Can produce swelling and pain
- Can lead to
  - Deformity
  - Loss of joint function
  - Decreased ability to walk

# What Is Osteoarthritis?

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- Affects the cartilage in the joint
  - Cartilage: connective tissue between two bones
  - Cartilage enables smooth movement between the ends of two bones
- Damaged cartilage (in osteoarthritis)
  - Friction between the ends of two bones
  - Leads to inflammation and pain

# Other Terms for Osteoarthritis

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- Also called “degenerative arthritis” or a “wear and tear” disease
- Part of the aging process and use

# Causes of Ankle Arthritis

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- Use over time
- Past injury
- Faulty foot structure

# Symptoms of Arthritis in the Ankle

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

# A Treatment Plan for Your Needs

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The foot and ankle surgeon will:

- Evaluate your condition
- Develop a targeted treatment
  - Non-surgical treatment options
  - Surgery



# Non-Surgical (Conservative) Treatment of Ankle Arthritis

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- Oral anti-inflammatory medications
- Bracing
- Injections

# Surgical Options for Ankle Arthritis

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

# Fusion (Arthodesis) of the Ankle

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- Performed for decades
- Joint is removed and bones are fused
- Takes away the pain
- Makes the joint immobile

# Ankle Replacement (Arthroplasty)

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- Replaces the damaged joint with an implant
- Takes away the pain
- Restores full movement of the joint
- Your surgeon will determine whether this procedure is right for you

# Effective Relief is Available for Ankle Arthritis

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