

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):

- Shoe inserts
- Stretching exercises
- Appropriate footwear
- NSAID, such as ibuprofen
- Rest
- Ice
- Other (physical therapy, injections, etc.)

Surgical:

- If conservative treatment doesn't work

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
- Rest
- Ice
- Heel lifts

To restore function; to remove precipitating factors:

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

Tarsal Tunnel Syndrome

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
- Corticosteroid injection

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

Bunion Treatment

Conservative (nonsurgical):

- Changes in footwear
- Padding
- Corticosteroid injection
- Orthotics

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 footwear
- Orthotics
- Splinting or 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
- Corticosteroid injections

Surgical:

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

Hallux Limitus/ Hallux Rigidus

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 footwear
- Orthotics
- Anti-inflammatory medication
- Corticosteroid injections
- Physical therapy

Surgical:

- Joint-sparing procedures; fusion; joint implant, etc.

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

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