

Ankle Arthritis

A Common Overuse
Condition of the Ankle

Arthritis

- 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

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?

- 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

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

Causes of Ankle Arthritis

- Use over time
- Past injury
- Faulty foot structure

Symptoms of Arthritis in the Ankle

- 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

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

- Oral anti-inflammatory medications
- Bracing
- Injections

Surgical Options for Ankle Arthritis

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

Fusion (Arthodesis) of the Ankle

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

Ankle Replacement (Arthroplasty)

- 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

Next Step Foot & Ankle Clinic

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