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 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
Universal City : 210-375-3318
Pleasanton: 830-569-3338