

Not So Golden Years: Foot Care & Safety for Older Adults



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Age-Related Foot & Ankle Problems

- Foot deformities
- Skin and nail changes
- Decreased bone strength
- Arthritis
- Other health problems

Deformities & Aging

- Bunions, hammertoes, flatfeet, etc.
- Many are progressive conditions
 - Symptoms get worse
 - Can cause corns and calluses
- Foot gets stiffer
- More difficult to get relief from cushions, inserts or pads

Age-Related Skin Changes

- Skin becomes thinner
 - Too much standing or walking
 - Corns and calluses
- Cushioning becomes thinner
 - Pain when standing or walking

Age-Related Toenail Changes

- Thickened or discolored
- Difficult to trim
- Fungal infections

Age-Related Bone Changes

- Bone density often decreases
 - Can lead to osteoporosis
- Stress fractures

Arthritis

- Can develop in any joint
- Associated with “wear and tear” of the body
- Progresses with age
- Can occur in the big toe or ankle
 - Makes walking difficult
 - Can produce corns and calluses

Other Age-Related Health Problems

- Decreased ability to heal
- Hypertension
- Diabetes
- Gout

What Can You Do?



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Foot Deformities: What to Do

- Non-surgical treatment options
 - Footwear modifications, padding, shoe inserts/custom orthotics, injections, etc.
- Surgery
 - Foot and ankle surgeon will determine if this is advisable

Skin Problems: What to Do

- Self-examine your feet
- To help prevent cracks and cuts
 - Moisturize your feet
- To help prevent corns and calluses
 - Make sure your shoes fit properly
- To treat corns and calluses
 - Surgeon can trim down
 - Topical medicine
 - Over-the-counter padding

Toenail Problems: What to Do

- See a foot and ankle surgeon
- Proper footwear
- Medication for fungal infection
- Trim toenails

Stress Fractures: What to Do

- Don't overdo exercise
- Walk on good surfaces
- Wear supportive shoes
- Maintain good bone health
- See your foot and ankle surgeon

Arthritis: What to Do

- Modify activities
- Proper footwear
- Ankle replacement surgery

Visit Foot & Ankle Surgeon for Routine Foot Care

- Toenail trimming
- Corns
- Calluses
- Other problems

Take Good Care of Your Feet

Next Step Foot & Ankle Clinic

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