

Arthritis and The Foot

There are three types of arthritic conditions that can affect the feet. Osteoarthritis is associated with wear and tear, brought on by age or being overweight. Cartilage covering the ends of bones becomes worn, resulting in inflammation, swelling, and pain. Rheumatoid arthritis, which causes the patient's immune system to destroy cartilage, can be triggered by infection or environmental factors. Post-traumatic arthritis can develop after an injury to the foot or ankle. It is similar to osteoarthritis, and can develop years after a fracture or severe sprain or dislocation. Following an injury, the body can secrete hormones that stimulate the death of cartilage cells. Tilting the foot to compensate for the pain can cause misalignment, which can worsen joint difficulties.

FAST FACT: Arthritis is the leading cause of disability in the United States.

While our specialty is feet, our work in podiatry can affect all parts of the body. And as podiatrists, we have a unique opportunity to get insights into how other systems of the body are functioning. With our knowledge and experience, your cooperation, teamwork with other medical care givers, and the great power of podiatry, we will have you walking in comfort, with a smile on your face and a spring in your step despite your arthritis or other foot concern.