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## Podiatry News & Clues



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### Arthritis of the Foot and Ankle

The pain and stiffness you feel in your feet and ankles as you grow older could be arthritis. If left untreated, this nagging pain can grow worse, eventually becoming so excruciating that you can no longer walk even short distances. Severe arthritis can restrict your mobility and limit your quality of life, but with proper treatment, you can slow the development of arthritis and lead a more productive life.



Right foot – normal



Right foot – rheumatoid arthritis

Arthritis is a broad term for a number of conditions that destroy the workings of a normal joint. Almost half of people in their 60s and 70s have arthritis of the foot and/or ankle that may not cause symptoms. There are many different types of arthritis. The most common type, osteoarthritis (OSS-tee-oh-ar-THRI-tiss), results from the “wear and tear” damage to joint cartilage (the soft tissue between joint bones) that comes with age. The result is inflammation, redness, swelling and pain in the joint.

Also, a sudden and traumatic injury such as a broken bone, torn ligament or moderate ankle sprain can cause the injured joint to become arthritic in the future. Another common type, rheumatoid arthritis, is an inflammatory condition caused by an irritation of the joint lining (the synovium). People with rheumatoid arthritis for at least 10 years almost always develop arthritis in some part of the foot or ankle. Other types of inflammatory arthritis include gout, lupus, ankylosing spondylitis and psoriatic arthritis

Proper treatment of foot and ankle arthritis addresses both pain and joint deformity.

If Dr. Taub suspects you have arthritis of the foot and ankle, he will perform a complete medical history and physical examination. X-rays and laboratory tests often can confirm the type and extent of the arthritis. Other tests such as a bone scan, computed tomography (CT) scan or magnetic resonance imaging (MRI) may be used to evaluate your condition. Once Dr. Taub confirms you have arthritis, he will recommend a treatment regimen which may include medications by mouth (antiinflammatories), natural supplements, injections (steroids or natural), physical therapy, weight loss, or custom fabricated orthotics and proper shoes.

### Quote of the Day

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover.”



See our educational videos of the services we offer on our website. An innovative non-invasive and drug-free procedure with no downtime and very effective for Heel Pain/Plantar Fasciitis and Achilles Tendonitis is EPAT.