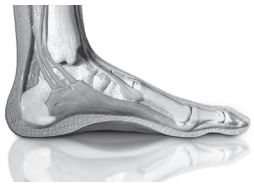
BioPed arthritic foot



Rheumatoid and Osteoarthritis are the two most common types of arthritis found in the joints of the foot and ankle. Arthritic pain can often lead to inactivity or a change in how one walks. The following information will help the patient understand how pedorthic treatments may contribute to maintaining an active and healthy lifestyle.

TYPES OF ARTHRITIS Osteoarthritis and Rheumatoid

Osteoarthritis

Osteoarthritis or "wear and tear" arthritis is specific to one or several joints. It occurs when the joint surfaces of the bones wear down, possibly caused by a previous injury, long term mechanical stress on the joint, overuse, or by other medical and mechanical factors. It often starts intermittently but can progress to a chronic condition. Flat feet and weak ankles are mal-alignments that can contribute to osteoarthritis in the arch, ankle and knee. High heeled footwear and pointy toed shoes have been linked to forefoot joint osteoarthritis.

Risk Factors for Osteoarthritis

Osteoarthritis can occur for a variety of reasons, some of which are included in the following list. By decreasing or avoiding these risk factors, the progression of the disease can be minimized.

- Obesity
- Sports participation
- Muscle weakness
- Malaligned joints
- Previous injury to joint
- Overuse of joint
- Reduced bone density

Rheumatoid

Rheumatoid arthritis is a systemic disease that mainly targets the feet but can affect all joints. It may affect the tissues surrounding the joints as well as the joint itself. This usually results in joint deformity, especially in areas of high stress such as the toes and balls of your feet. Resulting pain can be excruciating at times, particularly when standing or walking. Rheumatoid arthritic patients often describe that walking on an inflamed joint, feels like walking on a pebble.

See reverse side for more >

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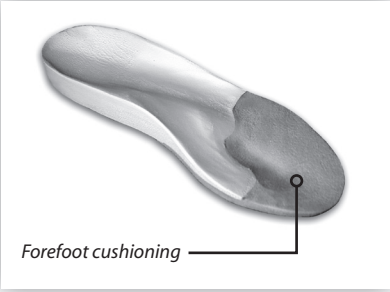
THE SOLUTION Pedorthic Treatment Options



The Semi-Rigid (Soft) Orthotic

The mould taken of each foot by the Pedorthist reflects the amount of support, correction and type of cushioning materials needed to give the patient comfort and relief. Initially, mild changes are best. As the foot adjusts to the orthotic, more support can be progressively added. Orthotic features for the arthritic foot may include:

- A cupped heel to distribute pressure evenly and away from the painful heel center. Mild wedges can be applied to correct ankle position.
- A metatarsal support that fits in the hollow immediately behind the metatarsal (forefoot) joints. It can lift and spread the joints, reducing pressure under inflamed joints.
- Precision excavation of the orthotic and footwear can reduce pressure under an inflamed (larger than normal) joint. Often, swelling and joint size will reduce when pressure is removed.

Rigid (thin plastic) orthotics can be made for dress shoes if the osteoarthritis is mild.

Footwear

"Ugly" footwear is a thing of the past. The need for deeper footwear with removable insoles that can be replaced with full length orthotics has been met by manufacturers with fashionable, trendy and colorful styles. Walking shoes, sandals and hiking boots, often with adjustable straps and stretchy uppers are available at all BioPed Centers. Stability sandals are especially useful as slip-on house shoes.

Rocker Soles

The thicker sole tapered to the toes can eliminate flexing at the toe joints and reduce pressure under painful joints. Rocker soles can be added to most stability footwear.

The Canadian Certified Pedorthist

The BioPed Pedorthist is specialized in the casting, manufacturing, fitting and modification of many types of custom-made orthotics. Orthotics reflect the patient's condition, lifestyle and footwear requirements. A selection of fashionable footwear that are orthotic friendly, blended with on-site labs that can mould and shape footwear to fit, offers the arthritic patient relief from foot problems.

Please visit www.bioped.com for a list of all centres across Canada

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