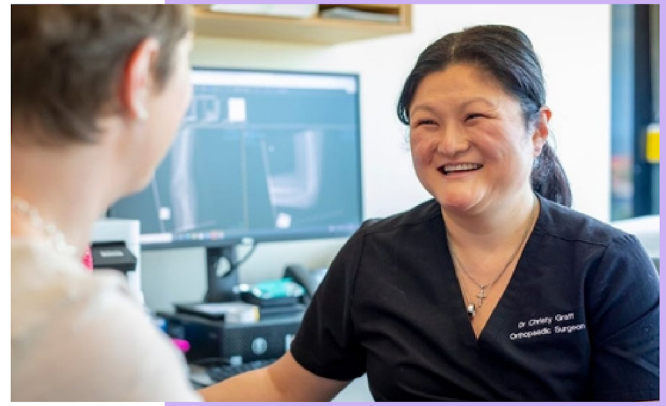


# ARTHRITIS OF THE FOOT AND ANKLE



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## WHAT IS ARTHRITIS OF THE FOOT AND ANKLE?

Arthritis of the foot and ankle is a common condition that can cause inflammation and painful joints. This condition can make it difficult to perform daily activities and often worsens over time.

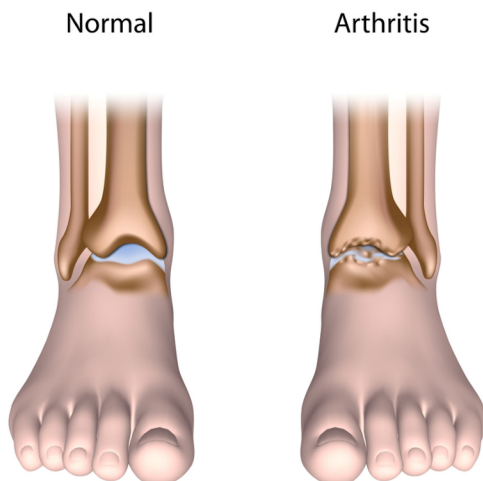


Image showing an example of the bone changes that can occur in arthritis of the ankle.

## SYMPTOMS

- Pain in the foot or ankle
- Stiffness of the joints
- Swelling of the joints
- Difficulty walking or standing
- Warmth in the joints
- Grinding or clicking sound when moving the joint
- Joint deformity or misalignment

## CAUSES

- Osteoarthritis (caused by wear and tear on the joint over time)
- Rheumatoid arthritis (an autoimmune disorder)
- Gout (caused by a build up of uric acid crystals in the joint)
- Psoriatic arthritis (a form of arthritis that can develop in people with psoriasis)
- Foot or ankle injuries (such as sprains or fractures) that can lead to arthritis in the affected joint.

## DIAGNOSIS

Dr Graff will take a history, examine your foot and organise imaging tests such as X-rays, CT scans and/or an MRI, or blood tests to check for signs of inflammation or infection.

## TREATMENT

Treatment for arthritis of the foot and ankle depends on the cause and severity of the condition. Mild cases may be treated with rest, ice, compression, and elevation, as well as over-

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the-counter pain relievers. More severe cases may require prescription medications, such as nonsteroidal anti-inflammatory drugs (NSAIDs). Corticosteroid injections may be helpful. Physiotherapy, assistive devices such as braces or orthotics, and lifestyle changes such as weight loss and exercise can also help manage symptoms and prevent further damage to the joint. In some cases, surgery may be necessary to help with pain and mobility.

For assessment of your condition and further guidance in management, please schedule an appointment with Dr Christy Graff.

## USEFUL WEBSITES

### **Arthritis Australia**

<https://arthritisaustralia.com.au/what-is-arthritis/areas-of-the-body/ankles-feet/>