

RTHRITIS

What a pain in the....!

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Close to 50
Million
Americans are
affected with
a type of
Arthritis
disease.

That's 1 in 7
people!



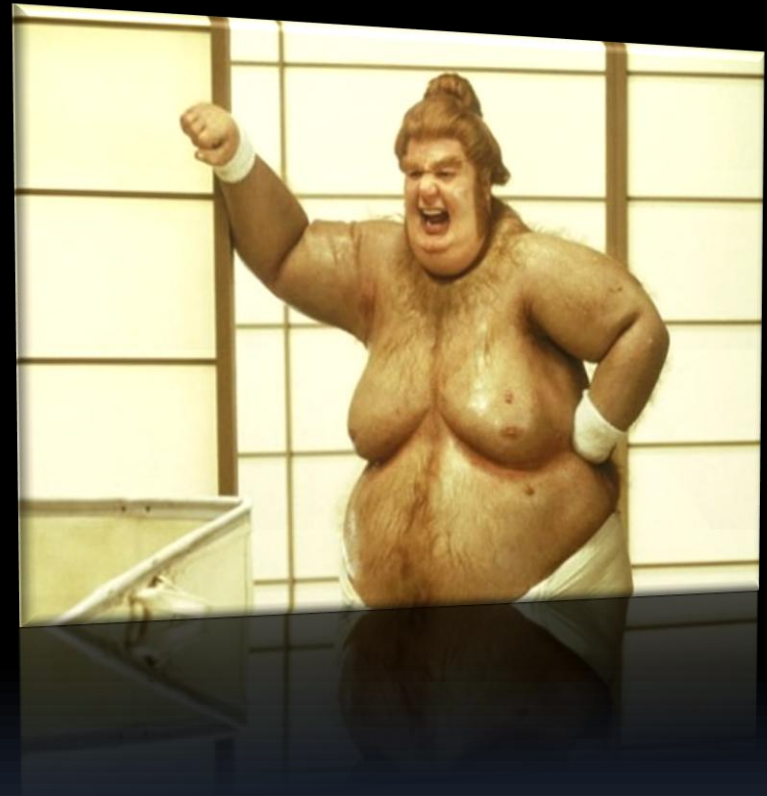
What is Arthritis?

Inflammation and swelling of the cartilage and lining of the joints.



Why do my feet get Arthritis?

- 33 Joints in the foot
- Weight-bearing load
- Overweight problem
- Older Population



What are the types of Arthritis?

- Name how many types of GM cars are there made?



What are the types of Arthritis?

- Heredity
- Injury Related
- Infectious
- Bowel disorders
- Drugs
- Autoimmune
- Metabolic



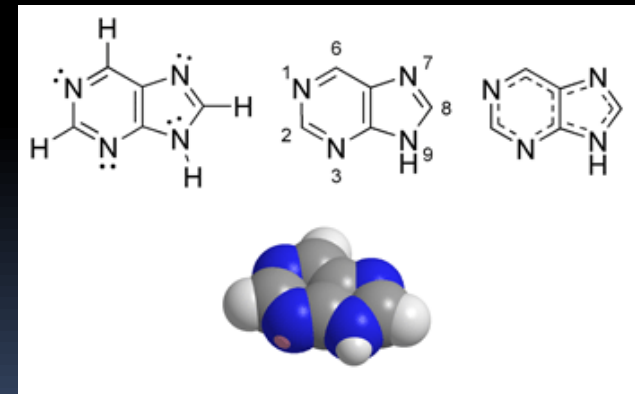
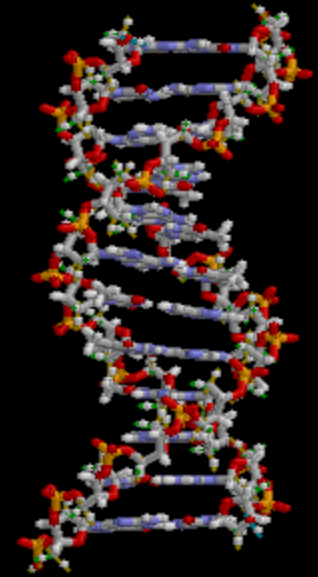
Gout

- 95% males
- High uric acid
- Affects big toe joint
- Very painful
- Diet can cause



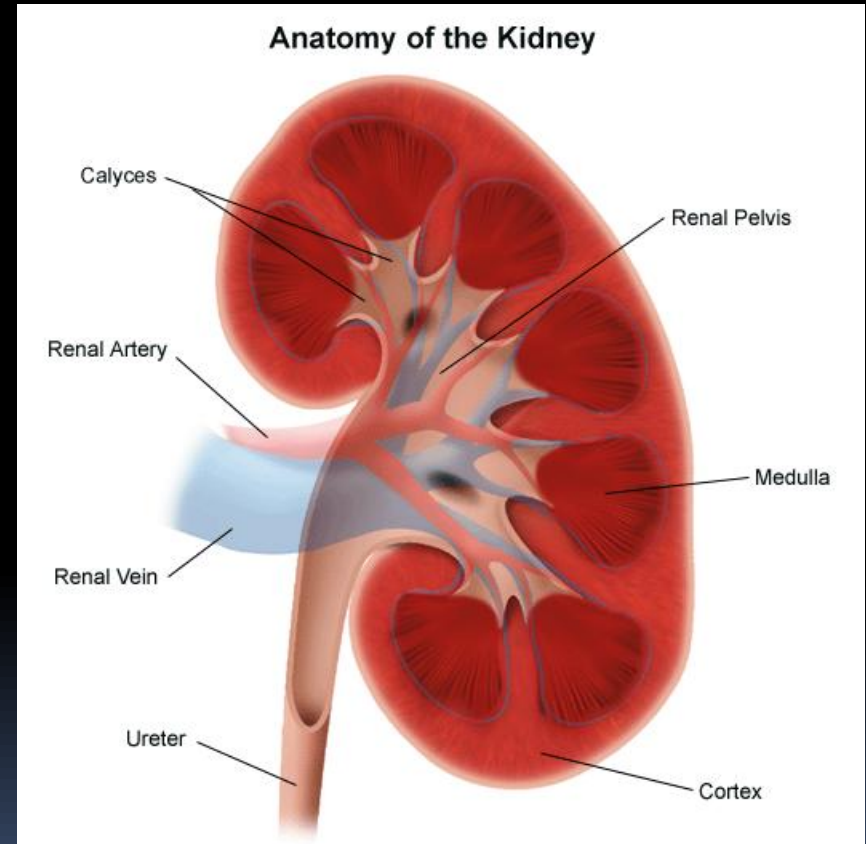
What are purines?

- Purines are natural substances found in all of the body's cells, and in virtually all foods. The reason for their widespread occurrence is simple: purines provide part of the chemical structure of our genes and the genes of plants and animals.



What causes Gout?

- When uric acid accumulates, uric acid crystals (called monosodium urate crystals) can become deposited in our tendons, joints, kidneys, and other organs. This accumulation of uric acid crystals is called gouty arthritis, or simply "gout."



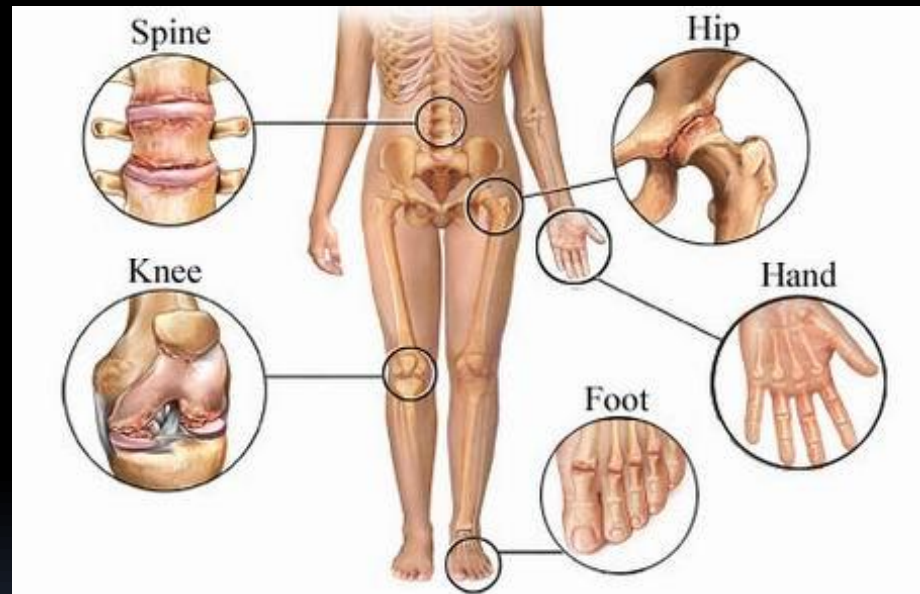
Interesting causes of Gout

- Increase risks of gout include:
 - Alcoholics
 - Kidney disease
 - High purine diet
 - Stress



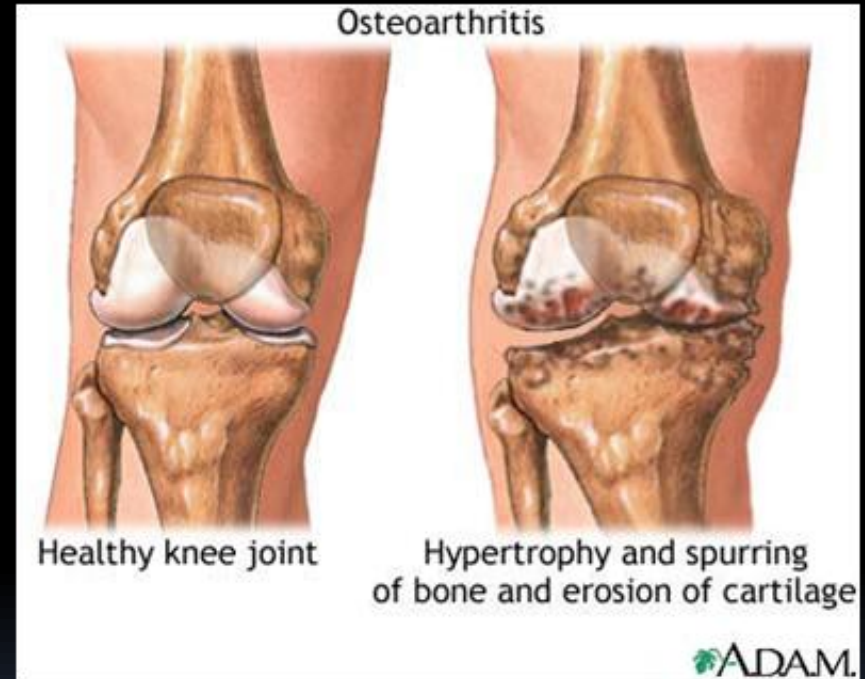
Osteoarthritis

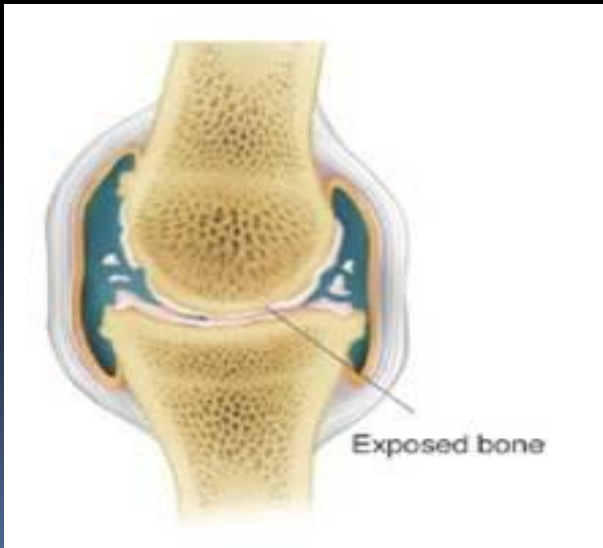
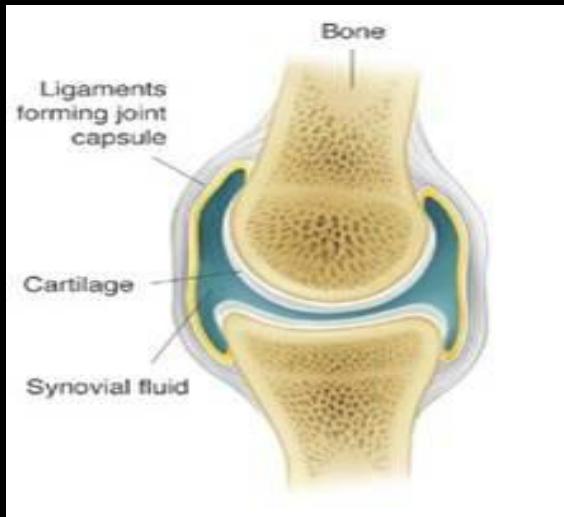
- Most common form of arthritis
- Also called DJD
- “wear and tear”
- Aging
- Nighttime pain



Osteoarthritis: Symptoms

- Pain after use
- Stiffness on arising and after periods of inactivity
- Muscle spasm or pressure on nerves
- Asymmetrical (one side)
- Crepitus (cracking)





Arthritis and My Feet

- Hallux limitus
- Hallux rigidus
- Sub Talar Joint
- Ankle Joint



Hallux Limitus

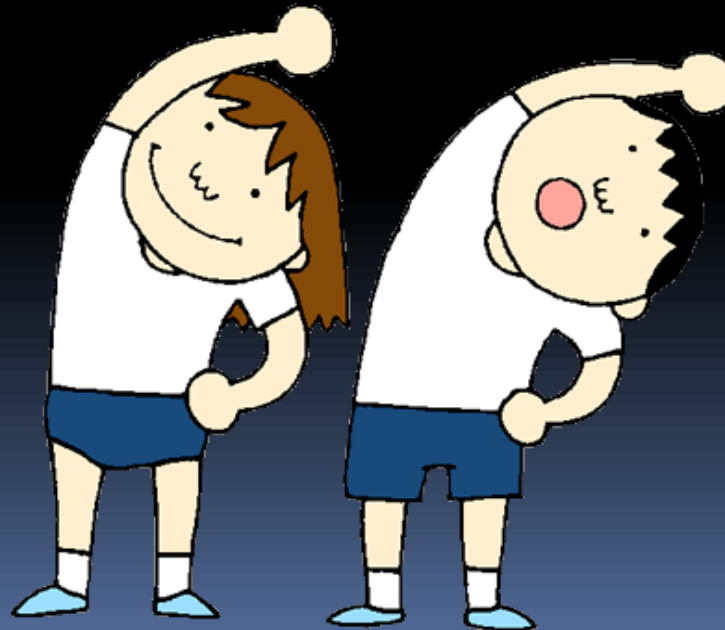


Big toe is a big problem!



Treatments for Arthritis

- Control swelling
- Preserve joint function
- Cure disease

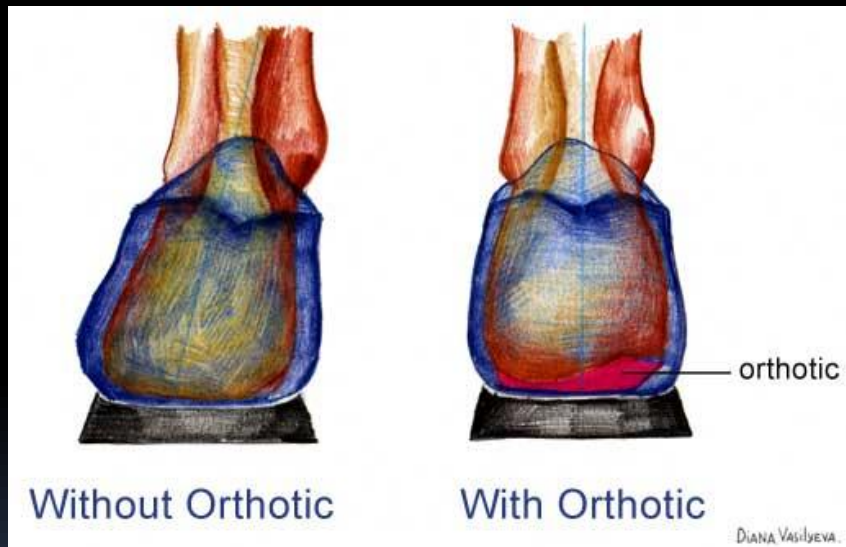


Physical Therapy

- RICE
 - Rest
 - Ice
 - Compression
 - Elevation
- ROM exercises
 - Range of motion
- Strengthening
- Stretching



Orthotics



Back problems Pelvis rolls/tilts - 'sway back' spine instability

Hip - forceful rotation - excessive wear (osteoarthritis)

Hamstring tightness.

Iliotibial band tightness.

Knee turns in - kneecap mistracks, joint wear, cartilage/ligament injury.

'Osgood Schlatter's disease'

Compartment syndrome

Forceful leg rotation - each

Aching legs, Shin Splints

Achilles/calf tightness

Ankle weakness? collapse

Foot pain, spurs, bunions

Right leg.

Misaligned foot/leg

Realigned

New scientific flexible orthoses realign the legs through their entire stride, preventing injury/wear.

Knee joint aligned/stabilised with equal joint space to both sides.

Knee function only corrected by aligning the entire leg.

Forces act directly through aligned joints.

Conservative treatments



External qigong and acupuncture has show to help with osteoarthritis pain in some people.

More conservative treatments

- Capsaicin cream
- Biofreeze
- Hyaluronic Acid Injections



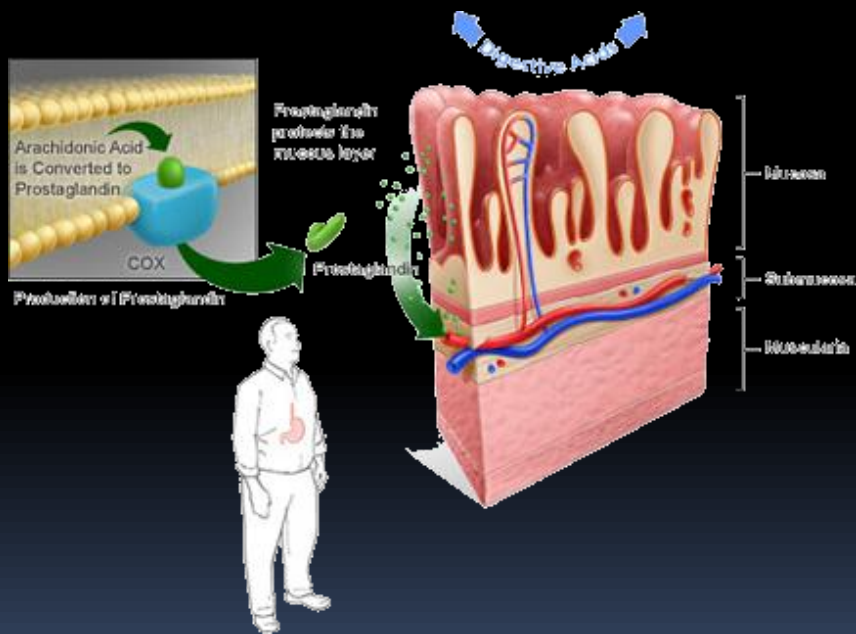
Medications

- NSAIDs
 - Naprosyn
 - Aspirin
 - Corticosteroids
 - Injections
 - Diclofenac
 - Voltaren gel
 - Flector patch
 - Celebrex

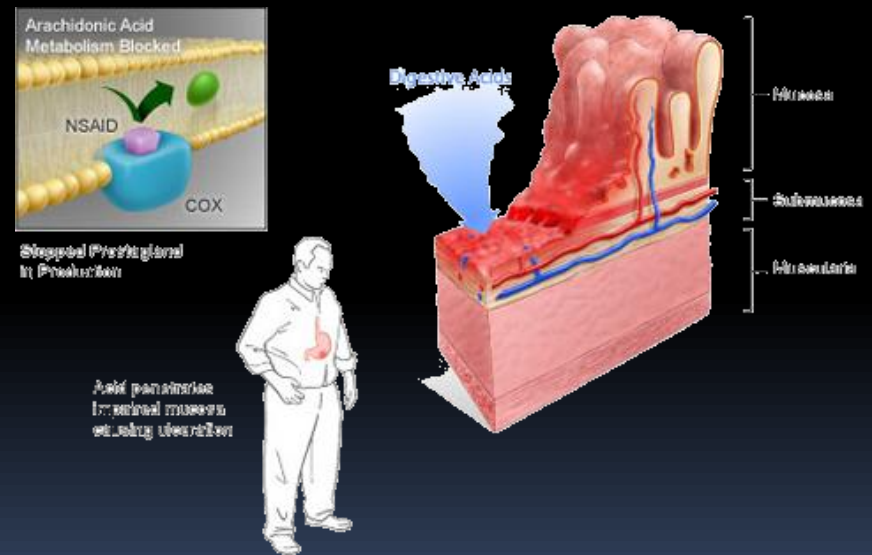


Problems with NSAIDs

Normal Stomach



Bad Stomach after NSAIDs



Surgery

- Decompression
 - Buys patient about 5-10 years
 - Give the joint more room
- Total joint implant
- Fusion
 - Permanent procedure



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