

Osteoarthritis



Osteoarthritis is a condition characterized by the breakdown and eventual loss of cartilage in one or more joints. Cartilage (the connective tissue found at the end of the bones in the joints) protects and cushions the bones during movement.

When cartilage deteriorates or is lost, symptoms from bones rubbing together develop that can restrict one's ability to easily perform daily activities.

Osteoarthritis is also known as degenerative arthritis, reflecting its nature to develop as part of the aging process. In the foot, the disease most frequently occurs in the big toe, although it is also often found in the mid-foot and ankle.

Some Causes of Osteoarthritis

Osteoarthritis is considered a wear-and-tear disease.

- An injury or trauma may also lead to osteoarthritis.
- Osteoarthritis in the big toe is often caused by kicking or jamming the toe or by dropping something on the toe.
- Dropping something on it or by a sprain or fracture often causes osteoarthritis in the mid-foot.
- Osteoarthritis in the ankle is usually caused by a fracture and occasionally by a severe sprain.
- Abnormal foot mechanics such as flat feet or high arches.

Orthotic Intervention:

- **Rigid to Semi-Rigid support to limit movement of the joints**
- **Reinforced forefoot, mid-foot, or rear foot depending on location**
- **Metatarsal support if in the forefoot**
- **Cushioned top cover**

