

Rheumatoid Arthritis



Rheumatoid Arthritis (RA) is an autoimmune condition that affects the joints and causes swelling of the joint lining (synovium). Though this condition can involve any joint, it most commonly affects the small joints of the hands and feet. For example, RA can occur in the [hindfoot](#) or [forefoot](#). Rheumatoid Arthritis is a condition that often requires the specialized care of a rheumatologist. It is unknown how one develops this condition, but research is currently being done on the subject. Family history often plays a role and it has been suggested that climate may also be a factor. Rheumatoid Arthritis is more common in women

in their thirties and forties, and symptoms tend to increase with age. Some patients are referred for surgery in addition to other treatments.

What are the foot symptoms with severe rheumatoid arthritis?

1. Contracted and stiff toes.
2. Toes point away from the big toe.
3. Prominent forefoot bones.
4. Thick skin on the bottom of the forefoot.
5. Swelling.
6. Bunion deformity.
7. Decrease in fat bottom of forefoot.
8. Pain
9. Periodic flare ups that can cause destruction of joints that

Orthotic Intervention:

- **Semi-Rigid support**
- **Cushioning for comfort during flare ups**
- **Cutouts in the orthotic to accommodate nodules**
- **Metatarsal support to protect the joints leading to the toes**

