

## 90 SECOND or LESS FOOT FACT FOR M.D.'s

### Keeping Mobile As You Age

Keeping your mobility is likely a major priority of yours. Not too surprising, the mobility of our patients is what we think about all day. It's more of a challenge for some of our senior patients who've been afflicted by hereditary foot conditions. Fortunately, there are many non-invasive options to keep them active.

Here are a few conditions to we look for when our patients are complaining about their sore feet:

#### **Midfoot Arthritis**

Arthritis of the midfoot is quite common amongst people over 65 years of age. Swelling and hypertrophy of the bones is common. Some will complain of irritation from certain shoes. Since there isn't a cure, our focus is on keeping the inflammation and pain down. Orthotics and certain shoes can help in this regard.

#### **Hammertoes**

When the toes curl, pain can occur on the top or tips of them. More senior patients have a problem at the tips of the toes. Calluses and ulcers can develop, which are quite painful. Some people benefit from a simple tenotomy to straighten the toe. We've improved the mobility of so many patients by this simple technique.

#### **Medial Ankle Pain**

Swelling and pain of the medial ankle without an injury is often a common form of tendinitis. Women are more afflicted than men. The Posterior Tibial Tendon can weaken and become inflamed. A brace or custom orthotics can keep these patients mobile.