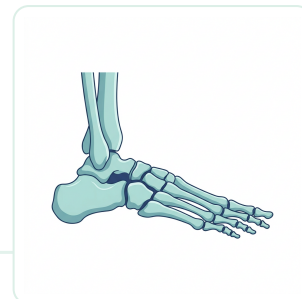


PATIENT EDUCATION · COMMON FOOT & ANKLE CONDITIONS

Foot & Ankle Arthritis

Arthritis is inflammation and wearing of the cartilage inside a joint. The foot and ankle contain more than 30 joints, so arthritis here can cause pain, stiffness, swelling, and difficulty walking. Common forms include osteoarthritis (wear-and-tear, sometimes years after an old injury), rheumatoid arthritis, and gout. While arthritis can't be reversed, the right combination of support, medication, and targeted treatment can significantly reduce pain and keep you moving.



For educational illustration only.

At a Glance

Focus area	Common Foot & Ankle Conditions
Goal of care	Arthritis is inflammation and wearing of the cartilage inside a joint.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Anyone with joint pain, stiffness, or swelling in the foot or ankle
- Patients with pain years after a fracture or bad sprain
- Those with morning stiffness that eases with movement

When to Seek Care

- Joint pain that limits walking or standing
- Swelling, warmth, or stiffness in a foot or ankle joint
- A sudden, intensely painful, red joint (possible gout — seek prompt care)
- Progressive deformity or loss of motion

How We Evaluate

- Examination of the affected joints and gait
- X-rays to assess joint spaces and alignment
- Lab work or advanced imaging when gout or inflammatory arthritis is suspected

Treatment Options

- Supportive footwear, orthotics, and bracing to offload painful joints
- Anti-inflammatory measures and activity modification
- Injections for targeted relief
- Surgical options — from joint clean-up to fusion — for advanced cases

What to Expect

1

Identification of which joints — and which type of arthritis — are involved

2

A stepwise plan starting with conservative care

3

Long-term strategies to preserve mobility

Common Questions

Can arthritis in my foot be cured?

Cartilage wear can't be reversed, but most patients get meaningful relief with support, medication, injections, and activity strategies. Surgery is reserved for advanced cases.

Why does my old ankle injury hurt years later?

Post-traumatic arthritis can develop years after a fracture or severe sprain, as the injured joint surface wears faster than normal.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov
- American Podiatric Medical Association — apma.org

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.