NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Ankle Arthritis

Ankle arthritis can cause pain, swelling, and stiffness when you stand or walk. It may follow an old injury or occur with other forms of arthritis. Cartilage, the smooth covering at the ends of bones, can become damaged.

Getting the cause checked

Your clinician will ask about previous injuries, your symptoms, and how walking affects you. An examination and X-rays may help identify joint changes. Some people need blood tests or a specialist assessment for inflammatory arthritis.

Making daily activity easier

Treatment may include supportive shoes, a brace, changes to painful activities, and exercises matched to your mobility. Lower-impact activity may be more comfortable than running or jumping. Discuss pain medicines with your clinician or pharmacist, especially if you take other medicines.

Some people consider injections or surgery when symptoms remain limiting. The choice depends on the type of arthritis and your needs; treatment does not guarantee that damaged cartilage will regrow.

When to seek help sooner

Arrange a review if pain keeps limiting walking. After a new injury, seek prompt assessment for severe pain, major swelling, or difficulty bearing weight. A deformed, cold, or numb foot needs emergency evaluation.

Related reading

- Ankle Sprains
- Foot Strains

Sources and further information

- AAOS: Arthritis of the foot and ankle
- NHS: Sprains and strains

This handout provides general education. Your treating clinician can explain how it applies to your injury.