

Gout

Diagnosis: Gout

Gout is a form of inflammatory arthritis caused by the buildup of uric acid crystals in the joints. It often leads to sudden and severe pain, swelling, and redness, most commonly affecting the big toe but can also impact other joints like the ankle, knee, and fingers. Gout attacks can be triggered by diet, dehydration, certain medications, or underlying health conditions.

Specific Work Modifications:

- If your job involves **prolonged standing or walking**, take breaks to rest the affected joint.
- If your job is **sedentary**, ensure proper foot elevation when sitting to reduce swelling.
- Avoid **heavy lifting or repetitive stress on the affected joint** to prevent flare-ups.
- If possible, wear **comfortable, cushioned footwear** to minimize joint pressure.

Specific Activity Modifications:

- If you enjoy **running or high-impact sports**, switch to **low-impact activities** like swimming or cycling to reduce joint stress.
- If you do **weightlifting**, avoid **heavy loads on the affected joints** and focus on controlled movements.
- If you enjoy **hiking**, choose **flat, well-paved trails** and wear proper footwear.
- Stay **hydrated** before and after activities to prevent uric acid buildup.

Recommended Supplements:

- **Vitamin C** - 500 mg daily (may help lower uric acid levels).
- **Cherry Extract** - 500-1,000 mg daily (studies suggest it reduces gout flare frequency).
- **Magnesium** - 200-400 mg daily (may help prevent crystal formation).

Recommended Nutrition and Hydration:

- **Increase:** Low-fat dairy, cherries, citrus fruits, vegetables, whole grains, and lean proteins (e.g., chicken, fish).
- **Avoid:** Red meat, organ meats, shellfish, alcohol (especially beer), sugary drinks, and high-purine foods (e.g., processed meats).
- **Hydration:** Drink **at least 3 liters of water daily** to help flush excess uric acid.

Home Exercise Prescription:

- **Ankle and Foot Mobility Exercises** - 10 reps, 2x/day
 - Seated or standing, rotate your ankle gently in circles.
- **Toe Stretch** - Hold for 20 seconds, 2x/day
 - Sit and pull your toes back toward you to stretch the big toe joint.
- **Calf Stretch** - Hold for 30 seconds, 3x/day
 - Stand facing a wall, place hands on it, and step one leg back while keeping it straight.
- **Seated Heel and Toe Raises** - 10 reps, 2x/day
 - Sit in a chair and lift your toes off the ground, then your heels.

Helpful Books:

1. The Gout Solution by Scott Davis
2. Goodbye to Gout by Rose Scott

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.