

Mid-foot Osteoarthritis

Information for patients

What is mid-foot osteoarthritis?

Mid-foot osteoarthritis is arthritic or worsening changes within the joints in the middle of your foot.

What are the causes/risk factors?

- Many cases occur without a specific cause
- Previous trauma or injury
- Previous foot surgery
- Body weight
- The structure of your foot.



It is estimated that 12% of the population over 50 years old have painful arthritis in their mid-foot.

What are the symptoms?

- Pain on top of your foot over the middle which may extend into the arch of your foot
- Restricted movement in your foot
- Your bones may be noticeable along the top of your foot and you may have swelling on the top of your foot.

How is it diagnosed?

An appropriate healthcare professional will discuss your foot symptoms and enquire about your general health. A physical examination of your foot will be carried out to assess your movement, response to particular tests and level of pain. An x-ray is sometimes required to confirm clinical diagnosis.

What is the management of mid-foot osteoarthritis?

Many patients are happy to self-manage their symptoms with painkillers/anti-inflammatory medication or other non-invasive treatments, such as:

- Lifestyle and health changes
- Changes to your activity
- Wearing appropriate footwear
- Podiatry/physiotherapy.

Lifestyle and health changes

The following adjustments to your lifestyle can help to manage mid-foot osteoarthritis:

- Maintaining a healthy diet and weight
- Getting 7-9 hours of quality sleep per night
- Reducing your alcohol intake
- Quit smoking.

Not all of these recommendations may be relevant to you, but these are important factors to consider to optimise your outcome.

Further information and support can be found at <https://nhsinform.scot/healthy-living>

How can I manage it?

- Rest/immobilisation/changes to your activity as required
- Self directed foot exercises
- Pain relief or anti-inflammatory medication
 - Speak to your GP or pharmacist
- Wear appropriate footwear
 - Stiff soled footwear or shoes with a rocker bottom.

Podiatry/physiotherapy

Through a thorough examination, a podiatrist or physiotherapist can:

- Help you establish what may be causing your pain
- Provide you with a personal treatment plan to help and/or resolve symptoms.
- Arrange for further investigation, if required
- Treatments provided include:
 - Exercises
 - Advice on footwear and changes to your activity
- Footwear adaptations/insoles.

More invasive management options

In some cases symptoms may persist and more invasive treatments may be required/requested by you, as the patient:

- **Corticosteroid injection:** Steroid injections can be carried out depending on the severity of the osteoarthritis. Sometimes this is performed with ultrasound guidance
- **Surgery:** Surgery is only required if pain is present and symptoms are unable to be controlled by the methods described above.