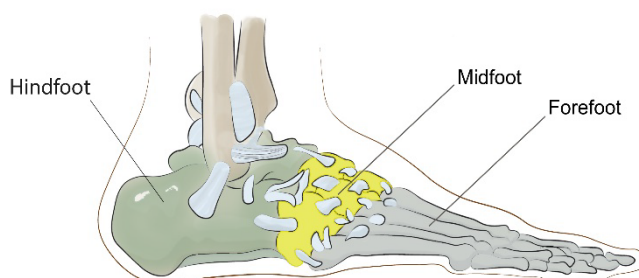


What is midfoot arthritis?

Arthritis occurs when the cartilage—the smooth, protective layer at the ends of bones, becomes worn or damaged. When this happens, the joint may become painful, stiff and/or swollen. In some cases, extra bone growths called osteophytes (or bone spurs) can form. Over time, the shape of the foot may gradually change.

The midfoot is the middle part of the foot between the heel and ankle (hindfoot) and the toes (forefoot). The main joints involved are the talonavicular and calcaneocuboid joints. There are also other joints in the midfoot that can be affected.



How is it diagnosed?

A healthcare professional will assess your foot and ankle for pain, swelling and function. A standing X-ray of your foot can confirm the diagnosis.

In some cases, further investigations are required to assess the midfoot joints in more detail.

What are the symptoms?

- Pain in the middle of the foot, when standing, walking and/or walking on uneven ground.
- Stiffness and reduced movement at the foot.
- Swelling across the middle of the foot
- Pain and stiffness after a period of rest, such as first thing in the morning or after sitting for a while.
- A bony lump in the middle of the foot.

What are the causes/risk factors?

- A history of injuries to the foot
- Previous fracture in the midfoot area
- Changes in foot alignment or positioning
- Conditions such as rheumatoid arthritis
- A higher body weight, which places more stress on the foot.

How can you manage midfoot arthritis?

Non-Operative management:

- Podiatry which may include advise on insoles and footwear.
- Pain relief options such as topical gels or medication to reduce discomfort.
- Physiotherapy can provide exercises to strengthen the muscles around the foot and ankle to support the joint.
- Keeping to a healthy weigh to reduce the stress on the foot.
- Hot or cold packs can help ease pain and stiffness.
- Walking aids, for example a walking stick to make moving around easier.
- Steroid injections which may be considered to reduce pain and swelling.

Do I need surgery?

In advanced cases of midfoot arthritis, surgery may be considered. This usually involves fusing the affected midfoot joints. It may be discussed if your symptoms are significantly affecting your quality of life and have not improved with non-surgical treatments.

Surgery can help reduce pain and improve day-to-day function. Recovery takes time and often includes a period in a cast, followed by time in a supportive boot.