“Healthy Living with Foot and Ankle Arthritis”
The Orthopedic Specialty Hospital

“The Arthritis Team”
Primary Care Physician
Physical Therapist
Orthopedic Surgeon
Nutritionist

What is Arthritis?
• “Wear and Tear”

Why Diagnosis Important?
• Is it arthritis?
• Explore treatment options
• Optimal pain relief!
Making the Diagnosis

- Pain everyday
- Lifestyle
- Swelling
- Stiffness
- Deformity
- X-ray

Treatment Options
The right combination for you

- Medications
- Injections
- Braces
- Physical therapy
- Weight loss
- Nutrition consult
- Surgery

Medications

- Why?
  - Decrease
    - Pain
    - Swelling

Medications

- Over the counter meds
  - “1st Generation”
    - Tylenol
    - Ibuprofen
    - Naprosyn

Medications

- Prescription meds
  - “2nd generation”

Injections

- Corticosteroids
Braces
Goal – limit motion through painful joints

Limit ankle and/or foot motion
Shoe insert/orthosis

Physical Therapy Evaluation

- Flexibility
- Strength
- Walking Pattern
- Shoes
- Weight
- Lifestyle
- Goals

Flexibility

Healthy Living
WITH ARTHRITIS
Before you strengthen.....

Polish the joint

Healthy Living

Slow, rhythmic, light resistance

Healthy Living

Strength

Healthy Living

Healthy Living

Healthy Living
Healthy Living

Walking Pattern

Light weight

50-100 reps

GRADUAL increase
Bracing

What activities can you do successfully now?
What activities would you like to do?

Lifestyle

Pace Yourself to Prevent Pain and Stiffness
• Create a manageable schedule
• Alternate heavy tasks with light tasks
• Change positions frequently
• Plan rest breaks during your activities
Modify Activities
Modify Activities

Healthy Living

WITH ARTHRITIS

Modify Activities

Healthy Living

WITH ARTHRITIS

Modify Activities

Healthy Living

WITH ARTHRITIS

Modify Activities

Healthy Living

WITH ARTHRITIS
Apply Heat and/or Cold

Heat – increases blood circulation

Cold – decreases inflammation and pain

15 minutes maximum

Nutrition
TOSH Nutrition Team

Attaining a healthy body weight

Too much weight:
- Increases load on joints
  - 10 lbs overweight increases load on knee by 30-60 lbs w/ each step
- Worsens arthritis
- Post-surgery complications
- Increases the risk of diabetes, heart disease

Weight Control:
Understanding the energy balance equation

Tasty and Healthy Eating for Life

- Color from fresh fruit & vegetables
- Real whole grains
- Wild Fish
- Organic turkey, chicken, eggs
- Lean red meat
- Low fat, unsweetened dairy
- Unprocessed soy
- Flavors from nuts, seeds, dried fruit, herbs, spices, olives, capers, delicate oils, cheese
- Your Favorites
Color from Veggies & Fruit

- Buy them local!
- Buy them organic!
- Eat them fresh!
- Eat them daily!

Add Flavors to Your Plate!

- Olive oil
- Vinegars
- Lemon juice
- Herbs
- Pesto
- Hummus
- Salsa
- Nuts & Seeds
- Cheese
- Fruit
- Avocado
- Sea salt
- Pepper

Color and Flavor Your Snacks!

- Olive oil
- Vinegars
- Lemon juice
- Herbs
- Pesto
- Hummus
- Salsa
- Nuts & Seeds
- Cheese
- Fruit
- Avocado
- Sea salt
- Pepper

Combine Protein with it!

- Granola Bar: Ingredients: enriched flour, high fructose corn syrup, sugar, palm oil, coconut oil
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Eat Real Grains!

- Trans Fats & other Cheap Ingredients in our Food (processed from corn, soy, cotton, wheat)
  - High Fructose Corn Syrup: Chemically processed sugar from corn: sweetest, cheapest, and worst sugar!
  - Check the ingredient list!
- Trans Fat: Chemically processed vegetable oils with bad effect on blood lipids!
  - Check the ingredient list!

So...is it all good for us if it is trans fat and HFCS free??

Healthy Living with Arthritis
Eat Real Food – Avoid the Junk!

**GROCERY STORE:**
- AVOID THE MIDDLE

**PRODUCTS:**
- AVOID LONG INGREDIENTS LIST
- AVOID TRANS FATS
- AVOID HFCS
- AVOID NON-FAT & LIGHT

**RESTAURANT:**
- AVOID FAST FOOD
- AVOID FRIED FOODS
- AVOID SUPER-SIZED MEALS

Inflammation: Food is Medicine!

- **DAMAGING…**
- **HEALING…**

More Healing Foods & Flavors

Reduce damage and inflammation

Enjoy your Favorites in small amounts

A Little HANDFUL

TIPS FOR FAVORITES...
- Favorite “little” dish!
- Enjoy without distraction!
- Enjoy it slowly!
- Don’t let it become a habit!
- Pair it with fruit!
- Pair it with yogurt!
- Get on with your day!

What to Drink and How Much…

3 to 5 TIMES A DAY

NO SUGAR…NO CALORIES…NO CAFFEINE…
MAKES YOUR CELLS HAPPY

Healthy Eating – Healthy Living

Make healthy eating a priority!
Reduce Portion Sizes
Eat Out Wisely
Eat Slowly!
Stop Multi-tasking!
Consider Organic!
Buy Local!
Be Physically Active
Cook & Eat Together
Veggies, Soups, Salads
Eat Breakfast
Eat Intuitively
Be Consistent
Monitor your Progress!
Drug – Nutrient Interactions

NSAID
- Avoid alcohol!
- Aspirin: increased need for fluids, folate, and vitamin C
  - Increase fruit and vegetables!
  - Increase daily fluid intake ~10 cups/day
- Attention with anti-coagulants: garlic extract, ginger, gingko, horse chestnut, vitamin E

Read the Ingredient List

Nutrition Facts

Surgery

When conservative treatment no longer works . . .

Surgery

• Appropriate candidate
• Select best procedure
• Specialized surgeon

Resources

Great Food Books:
- Mindless Eating: Wansink
- Hope’s Edge: Moore Lappe
- Ending the Food Fight: Ludwig and David Rostler
- The Eco Foods Guide: Barstow
- The Omnivore’s Dilemma: Pollan
- What to Eat: Nestle
- Intuitive Eating: Tribute and Resch
- Volumetrics: Rolls and Barnett
- Healthy Aging: Weil
- Slow Food Nation: Pelton
- Food Fight: Citizen’s Guide to a Food and Farm Bill: Imhoff

Cookbooks & Magazines
- The Healthy Kitchen: Weil and Daley
- The Wellness Kitchen: UC Berkeley
- Small Plates: Marceau-Henderson
- Keep It Seasonal: Wayte
- With a Measure of Grace: Spalding and Castle
- Spices of Life: Simonds
- Eating Well Magazine (quarterly publication)
When to operate??

Benefits
Level of function and pain relief
Level if foot/ankle worked normally
Level after proposed surgery

Risks
Pain
Recovery
Limited weight bearing
Surgical risks

Surgical Options
• Arthroscopic “clean-up”
• Cartilage restoration
• Osteotomy
• Foot reconstruction
• Ankle fusion
• Ankle replacement

Arthroscopy
• Joint clean-up
• Not very helpful if deformity present
• Symptom relief 30-80%
• 3-12 months

Cartilage Restoration
Osteotomy

Foot Reconstruction

Ankle Fusion

Ankle Replacement

Fusion or Replacement

- Individual
- Existing deformities
- Previous surgeries
- Age
- Weight
- Activity level

When to operate??

Risks

Benefits
Post Surgical Physical Therapy

- Splint/Cast
- Limited weight bearing till bones heal
- Strengthening
- Gait training

Any physical therapy and nutritional modifications done before surgery can improve your rehab following surgery.
Question and Answers

- Physician
- Physical Therapist
- Nutritionist
- Surgeon
- Utah Arthritis Program Resource Specialist

What can you do now?

- Group classes in the pool
- Land exercise classes
- Self help home study

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