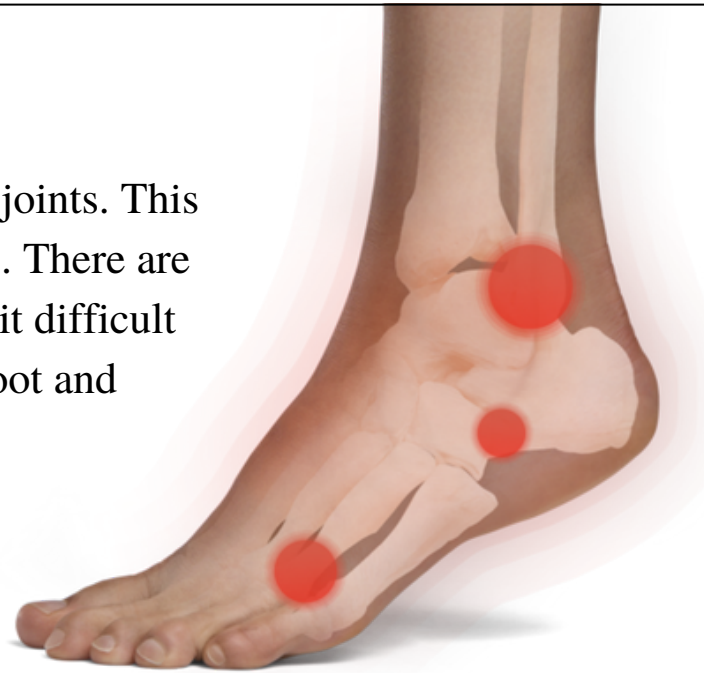


Newsletter

Foot Arthritis

Arthritis is inflammation of one or more of your joints. This can cause tremendous pain and stiffness in joints. There are many forms of arthritis, but all potentially make it difficult to remain active. A few common symptoms of foot and ankle arthritis include:

- Tenderness when you touch the joint.
- Pain when you move it.
- Trouble moving, walking, or putting weight on it.
- Joint stiffness, warmth, or swelling.
- More pain and swelling after you rest, such as sitting or sleeping.



The major types of arthritis that affect the foot and ankle are osteoarthritis, rheumatoid arthritis, and posttraumatic arthritis.

Osteoarthritis, also known as degenerative or wear-and-tear arthritis, is a common problem for many people after they reach middle age. However, it may occur in younger people as well. In osteoarthritis, the cartilage in the joint slowly wears away. As the cartilage wears away, it develops irregular, and the protective space between the bones diminishes. This can cause bone rubbing on bone, and create excruciating osteophytes (bone spurs). Osteoarthritis progresses gradually, triggering discomfort and stiffness that exacerbates over time.

Rheumatoid Arthritis is a prolonged disease that can impact various joints throughout the body, and frequently begins in the foot and ankle. It is balanced, meaning that it usually affects the same joint on both sides of the body.

Rheumatoid arthritis is an autoimmune disease. Immune cells damage the synovium covering the joint, triggering it to swell up. Over time, the synovium attacks and harms the bone and cartilage, as well as ligaments and tendons, and may cause serious joint deformity and disability.

Post-Traumatic Arthritis is swelling in your joints that arises after you've undergone a trauma. It progresses immediately following an injury instead of over years of wear and tear like other types of arthritis. It is usually a short-term problem, and several individuals recuperate in a few months. Post-traumatic arthritis impacts more than five million people annually. It is around 10% of all osteoarthritis incidents. Post-traumatic arthritis triggers stiffness and discomfort in your affected joints. Depending on which of your joints are affected, it will be difficult to walk, run, take part in sports or move like you are used to. The most frequent joints impacted by post-traumatic arthritis include your ankle.

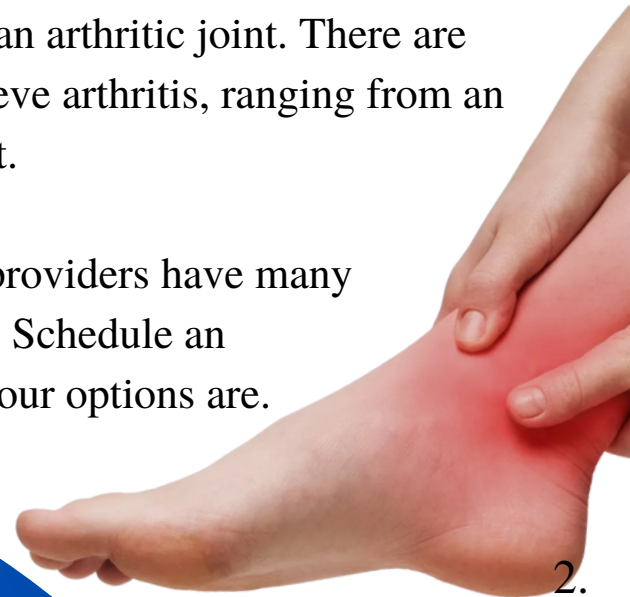
Arthritis treatment varies due to the severity of the patient's arthritis and the specific joint(s) effected. There are conservative treatment options to lessen the discomfort resulting from arthritis and keep patients active. Nonsurgical treatments may include: Lifestyle modifications, oral/topical medications, custom orthotics/bracing, physical therapy, and assistive devices. In more severe cases, surgical intervention may be the best option to treat an arthritic joint. There are multiple surgical treatments that may be used to relieve arthritis, ranging from an arthroscopic debridement to a total joint replacement.

Unfortunately, there is no cure for arthritis, but our providers have many great treatment options to get you back on your feet! Schedule an appointment with one of our providers to see what your options are.

Citations:

Ikpeze, Tochukwu C, et al. "Evaluating Problems with Footwear in the Geriatric Population." Geriatric Orthopaedic Surgery & Rehabilitation, SAGE Publications, Dec. 2015.

"Arthritis of the Foot and Ankle - OrthoInfo - Aaos." OrthoInfo, <https://orthoinfo.aaos.org/en/diseases--conditions/arthritis-of-the-foot-and-ankle/>.



Podiatrist Spotlight



Christie Lynch, DPM

Dr Christie Lynch completed her podiatric residency in June of 2021 at Miami VA hospital in Florida. She graduated with her undergrad degree at Simpson College in Indianola, Iowa, and her podiatric medical degree at Des Moines University. She enjoys treating all aspects of podiatry. She has a passion for sports medicine and working with athletes.

Dr. Christie Lynch is originally from Bettendorf, Iowa but now resides in Hillsboro, MO with her husband, son, daughter, and two English golden retrievers, Luna and Bella. In her spare time, she enjoys spending time with family, hiking, walking her dogs, and fishing.

Medical School: Des Moines University 2018

Residency: Miami, FL VA hospital 2021

Dr. Lynch is available for appointments at the following offices: Watson, Festus, and South County.



What does one foot say to another
foot he loves?

We are sole mates.

Happy Valentines Day!

Update/News Section:



- **New Electronic Medical Records System.** We have implemented a new EMR system into all 12 of our locations on November 14. Please be patient with us as we transition into a new health records system. This will benefit all of us here at NextStep and you!
- **Short Staffed.** We are understaffed just like the rest of the world. Please be patient with our call center, medical assistants, doctors, and billing teams. Our average call hold time is 10-15 minutes. Please feel free to leave a message and we will return your call by the end of the week. Please be kind. We are doing our best!
- **Hiring!** Our company is on the move! We have doubled in size in 4 years and have aggressive growth plans in the future. You will find our work environment casual with a strong emphasis on teamwork. We have high standards for our employees; however, we also know how to have fun. Come join us by sending your resume to our HR Department at HR@footandankle-usa.com. We are currently seeking:
 - Certified Medical Assistants - St. Louis, MO
 - Call Center Representatives - St. Louis, MO or O'Fallon, IL
- **Upcoming Clinic Closures in 2023:**
 - Labor Day
 - 4th of July
 - Memorial Day
 - Thanksgiving
 - Day after Thanksgiving
 - Christmas

www.nextstepfootdocs.com
MO: 314-909-1920 | IL: 618-236-7444