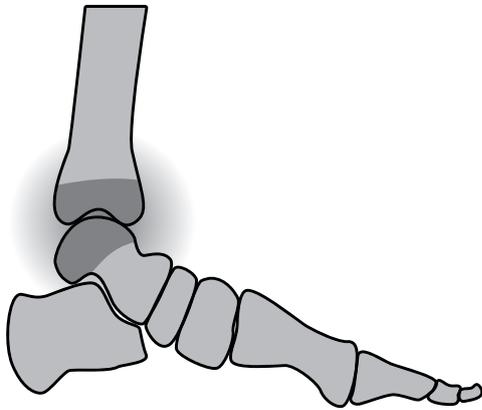


Information about Ankle Osteoarthritis

The aim of this leaflet is to give you some understanding of the problems you have with your ankle and to provide some advice on how to manage this. It should be used along with information you may be given by your healthcare professional.

What is Ankle Osteoarthritis?



In healthy joints, a material called cartilage covers the end of each bone to help provide a smooth gliding surface for the joint to move. In ankle osteoarthritis, the cartilage breaks down and this can cause pain and swelling when moving the joint.

What are the possible symptoms?

The main symptom of ankle osteoarthritis is pain. This usually increases gradually over a long period of time. The pain usually gets worse with walking or standing and gets better when sitting down.

What may contribute to the symptoms of ankle osteoarthritis?

- Being overweight
- Weakness in the muscles of your feet or legs
- Problems with the position of your feet
- Previous surgery

What tests may be done?

In the majority of cases of ankle osteoarthritis you do not need an x ray or any other tests to confirm what is wrong, unless your problem is severe enough that we may consider surgery. The main way to diagnose your ankle osteoarthritis is through what you tell us and examining your ankle.

What can you do to help your Ankle Osteoarthritis?

- Aim for a healthy body weight.
- Avoid wearing hard, flat or unsupportive shoes.
- Follow the advice from your community pharmacist or other healthcare professional about taking medication. It is important to take medication regularly.
- Keep active as light exercise and walking has been shown to be helpful in improving ankle pain in the early stages.

What else can be done?

If your pain does not start improving after a period of 3 months of following the advice above, please phone 0141 347 8909 to see a healthcare professional who can assess your foot and potentially recommend further treatment or onward referral.

Review Date: February 2022