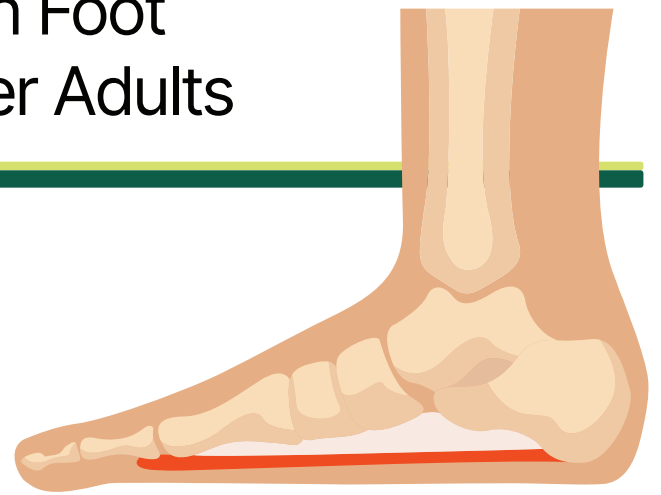


Most Common Foot Problems *in* Older Adults



Older adults often experience various foot-related issues that can impact daily life.

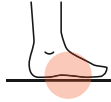
This visual guide highlights the

23 most common foot problems,

along with their main characteristics, causes and treatment options.

Flat Feet

Foot's arch doesn't develop properly or collapses



Affects **30%** of the population

Causes:


Aging, injury, improper footwear

Treatment:

NSAIDs, orthotic devices, physical therapy, supportive shoes, surgery

Gout

Arthritis causing severe joint pain



Affects **4%** of U.S. adults

Causes:


Uric acid buildup, diet, dehydration

Treatment:

NSAIDs, gout medication, ice, elevation, corticosteroids

Bursitis

Inflammation of the bursae in joints



Common **in older adults**

Causes:


Repetitive stress, age, arthritis, gout, infections

Treatment:

Crutches, ice, pain relievers, steroid injections, activity avoidance

Bone Spurs

Bony projections along bone edges



60-80% of individuals over 50

Causes:


Joint damage, osteoarthritis, aging

Treatment:

Supportive shoes/inserts, physical therapy, weight management, surgery

Heel Pain & Plantar Fasciitis

Inflammation of the plantar fascia causing heel pain



Affects **10%** of U.S. pop.

Causes:


Standing long hours, flat feet, high arches, obesity

Treatment:

Physical therapy, pain relievers, night splints, supportive shoes, surgery in severe cases

Osteoarthritis

Degenerative joint disease causing joint pain, stiffness, and swelling



60-80% of individuals over 50

Causes:


Age, weight issues, other joint conditions

Treatment:

Pain medications, physical therapy, orthotics, assistive devices, corticosteroid injections

Fat Pad Atrophy

Thinning of the heel's protective fat layer



Affects **30%** of Americans over 60

Causes:


Aging, excess weight, inadequate footwear

Treatment:

Orthopedic footwear, heel taping, physical therapy, steroid injections, surgery

Peripheral Artery Disease (PAD)

Narrowed arteries reduce blood flow, causing leg pain



5-10% of Americans 50-70 affected

Causes:


Fatty deposits in arteries, aging

Treatment:

Medications, angioplasty, bypass surgery, thrombolytic therapy, lifestyle changes

Edema

Swelling due to fluid buildup in tissues



Affects **9-20%** of older adults in the U.S.

Causes:


Sitting/standing long, high sodium intake, obesity, age

Treatment:

Diuretics, compression stockings, elevation, salt reduction, physical activity

Achilles Tendonitis

Inflammation of the Achilles tendon



6-18% annual incidence rate

Causes:


Repetitive strain, aging

Treatment:

Orthotic devices, NSAIDs, physical therapy, cortisone injections, surgery for severe cases

Morton's Neuroma

Thickening of tissue around a nerve in the foot



30-33% of the general pop.

Causes:

Wearing high heels/tight shoes, age

Treatment:


Appropriate footwear, custom orthotics, anti-inflammatory medications, surgery

Most Common Foot Problems *in* Older Adults (cont.)

Diabetic Foot Ulcer

Open sores on the foot, complication of diabetes

64% higher prevalence *in* elderly




Causes:
High blood sugar, nerve damage, poor circulation

Treatment:
Wound dressings, antibiotics, blood sugar management, surgical debridement, amputation

Bunions

Misaligned big toe causing bony protrusions

36% prevalence *in* individuals 56+




Causes:
Prolonged pressure, imbalance, ill-fitting footwear

Treatment:
Bunion pads, orthotic devices, pain relievers, appropriate footwear, surgery

Calluses

Thick, hardened skin layers due to friction or pressure

Affects **1 in 3** people aged 65+




Causes:
Tight shoes, not wearing socks, barefoot walking

Treatment:
Salicylic acid, pumice stone, medicated pads, prescription orthotics, surgery

Skin Cancer

Abnormal growth of skin cells, can occur on feet

10,000 Americans diagnosed daily




Causes:
UV radiation exposure, weakened immune system, age, family history

Treatment:
Surgical removal, topical medications, radiation, chemotherapy, immunotherapy

Ankle Sprains

Ligament tears due to twisting or turning the ankle

80% of people experience *in* life




Causes:
Falls, sudden twists, improper footwear

Treatment:
Rest, ice, compression, pain relievers, physical therapy

Stress Fractures

Micro cracks in bone due to repetitive force

Common *in* athletes & older adults




Causes:
Overuse, aging, overweight, vitamin D insufficiency

Treatment:
Rest, protective boot/-cast, crutches, surgery in rare cases

Corns

Small, hard skin patches due to pressure

More common *in* women than men




Causes:
Ill-fitting shoes, foot deformities

Treatment:
Salicylic acid, warm water soaks, shoe inserts, antibiotics, surgery

Cracked Heels

Dry, hard, thickened skin around the heel with visible cracks

Affects **20%** of U.S. adults over 21 years




Causes:
Dry skin, excessive weight bearing, health conditions like diabetes and psoriasis

Treatment:
Moisturizers, heel cups, prescription creams, therapeutic shoes, podiatrist care in severe cases

Ingrown Toenails

Nail grows into the skin, causing pain and discomfort

Common *in* older adults




Causes:
Improperly trimmed nails, tight shoes, existing nail damage

Treatment:
Warm water soaks, lifting nail with splint, pain relievers, surgical removal in severe cases

Claw Toe

Toes bend into a claw-like position

More likely *in* older adults




Causes:
Nerve damage, tight shoes, injuries, genetics

Treatment:
Toe exercises, padding, orthotic inserts, wide footwear, surgery

Hammer Toe

Abnormal bend in the toe's middle joint

Common *in* older adults




Causes:
Ill-fitting shoes, muscle imbalances

Treatment:
Appropriate footwear, toe exercises, orthotic devices, surgery

Fungal Infections

Infections from fungi, like athlete's foot or toenail fungus

50% of adults 60+ contract it



Causes:
Warm, moist environments, tight footwear, weakened immune systems

Treatment:
Antifungal medications, good foot hygiene, topical creams