

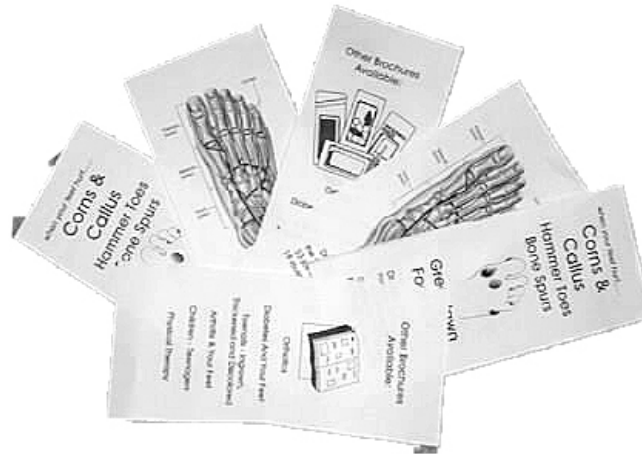
when your feet hurt.....

Arthritis



Greenlawn Foot Care

Dr. Eric J. Rothstein
Podiatrist - Foot Surgeon
761 Pulaski Road
Greenlawn, NY 11740
Phone: (631) 754-9090



Other Brochures Available:

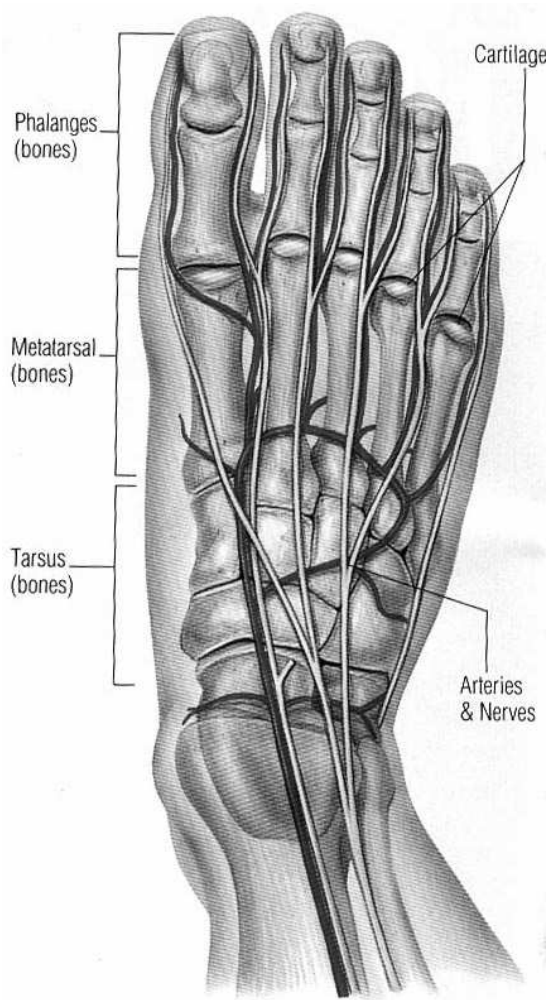
Orthotics

Diabetes

Toenails

Heel Spurs

Corns & Callus



Did you know?....
the foot has 26 bones,
33 joints, 107 ligaments,
19 muscles, and
numerous tendons.

Arthritis

Arthritis is our nation's number one crippling disease, striking one out of every seven persons. The United States had thirty-one million arthritis victims, including persons of all ages. Ages may range from infants to senior citizens. Arthritis is everybody's disease, either directly or indirectly, physically or economically.



The term 'Arthritis' actually refers to one hundred different diseases, whose common denominator is damage to the body's joints and connective tissues (i.e. Ligaments, tendons, bones, cartilage, etc.).

The most common type of arthritis is called osteoarthritis, a wear and tear of the joints that comes with age and that usually is not serious. Other forms of arthritis range from gouty and childhood arthritis, to crippling rheumatoid arthritis.

Can Arthritis Be Cured?

Although arthritis cannot be cured at this time, early diagnosis, and proper medical treatment can help control pain and avoid deformity or crippling for many of its victims.

The Podiatrist, responding to a complaint of heel or arch pain, stiffness, swelling or muscle soreness, is frequently the first doctor to see the early symptoms of arthritis. Diabetes, circulatory disease and allergies are complicating medical problems often associated with these same symptoms. Appropriate treatment of these primary conditions is necessary to satisfactorily treat the arthritic condition.



Physical therapy can be used to reduce the inflammation of arthritis. Certain anti-inflammatory medications and control of foot function with orthotics, are among the treatment tools used to restore the joints of the lower extremity to better functionality.

Self Care And Treatment



- ✓ Use of over the counter anti-inflammatory non prescription medications can be useful for temporary relief. (Please read about side effects and any medical contraindications on product insert before using).
- ✓ Warm foot soaks with Epsom salts can prove soothing.
- ✓ For an acute flare-up the use of an ice pack can be helpful.
- ✓ Gentle massage of the painful area can ease discomfort.
- ✓ If the pain does not go away, consult a foot specialist.