



# Common Foot Problems in Older People

Dr. Darren Day, DPM, FACFAS  
Honolulu, Hawaii

# What is a Podiatrist?

- Doctor specializing in the foot and ankle
  - Skin and nails
  - Bones
  - Nerves
  - Fractures
  - Sports medicine
  - Surgery
  - Tendons
  - Biomechanics
  - Kids, Adults, Seniors



# Training

- 4 years pre-medical undergraduate
- 4 years of postgraduate podiatric medical school
- 3 years of hospital-based residency
- State licensing exam/Surgical Board

# My training

## **Medical School**

Kent State University College of Podiatric  
Medicine  
Cleveland, OH

## **Residency**

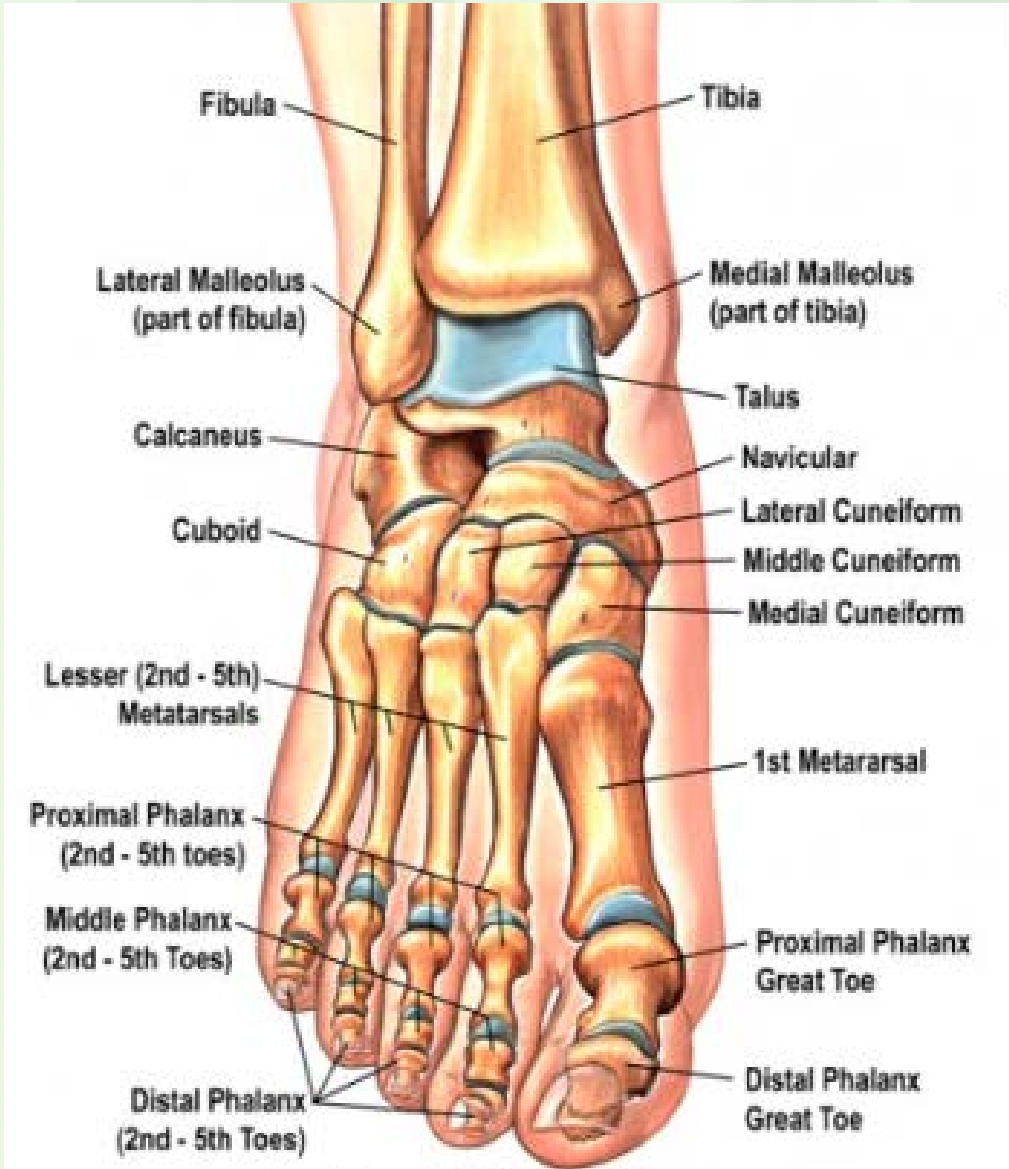
Foot & Ankle Surgical Residency  
Cleveland Clinic Foundation/ Mercy Regional  
Health Medical Center, Cleveland, OH

## **Certifications**

Board Certified in Foot Surgery, ABFAS  
Board Qualified in Reconstructive Foot & Ankle  
Surgery, ABFAS



# The Foot



- 28 bones, 33 joints, 107 ligaments, and 19 muscles
- 25% of bones in the body are in the foot
- Average person takes 8,000 to 10,000 steps per day
- 115,000 miles over a lifetime
- Running creates pressure in your feet up to 4 times your body weight

# General Foot Health

- Hygiene
  - Wash and dry between toes daily
  - Trim nails straight across
  - Nail brush to remove debris under nails
- Moisturize skin daily to keep skin supple



# Common foot problems

- Bunions
- Hammertoes
- Fungal Toenails
- Diabetes
- Plantar Fasciitis



# Bunions

- What is it?
  - Bony bump on the inside of the great toe joint
- Causes
  - Bone at the base of the big toe moves out of alignment
- Symptoms
  - Pain from the bump rubbing in shoes
  - Pain in the joint





# Bunions

- Treatment
  - Depends on person
    - Activity level
    - Age
    - Health
  - Surgical
    - Different types of procedures ranging from WB in post-op shoe to needing crutches with no weight
  - Orthotics
    - Correct mechanics
  - Shoe gear
    - Correct mechanics
    - Accommodate bump



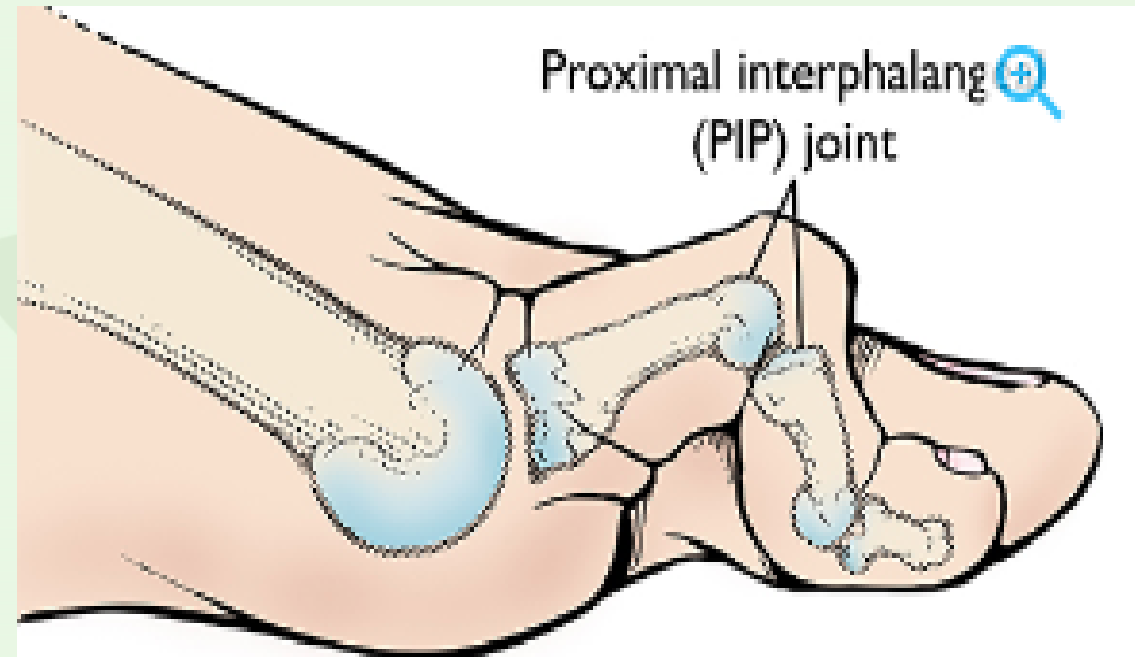
# Orthotics

- Medical device that fits into shoes
- Biomechanical control for an unstable foot type
- Different types and styles
- Custom offers variety of materials and options



# Hammertoes

- What is it?
  - Buckling of the toe
- Demographics
  - All ethnicities
- Causes
  - Caused by Structural or Biomechanical Problems
    - High Arched foot
    - Flat foot
    - Bunion



# Hammertoes

- Treatment
  - Depends on person
- Surgical
  - Correct alignment of Toe(s)
- Non-surgical
  - Soft upper to stretch shoes
  - Extra depth shoes with deep toe box
  - Splinting/Strapping/Padding



# Hammertoes

Pre-op and post op pictures



# Fungal Toenails

- What is it?
  - Infection of the toenail
- What to look for:
  - Thickening of toenail
  - Changes in shape
  - Thickness
  - Discoloration



# Fungal Toenails: Treatment

- Treatment
  - Depends on person
- Medication
  - Topical
  - Oral
  - Laser
- Palliative care
  - Nail Trimming



# Diabetes

- What is it?
  - Abnormal usage of glucose in the body
  - Excess glucose affects the blood vessels, nerves, and immune system
- What does this mean in the foot?
  - Decreased blood flow
  - Altered or loss of sensation in feet
  - Changes in skin integrity
  - Atrophy of musculature in foot
  - Increased risk of infections



# Diabetes

- So what?
  - Greater risk for foot ulcers
    - Change in foot architecture and decreased skin integrity
    - Lack of sensation
      - Can't feel pressure or pain as well to stop activity
    - Decreased blood flow
      - Unable to heal as quickly when injured
      - Increased demand to area may cause more tissue to die

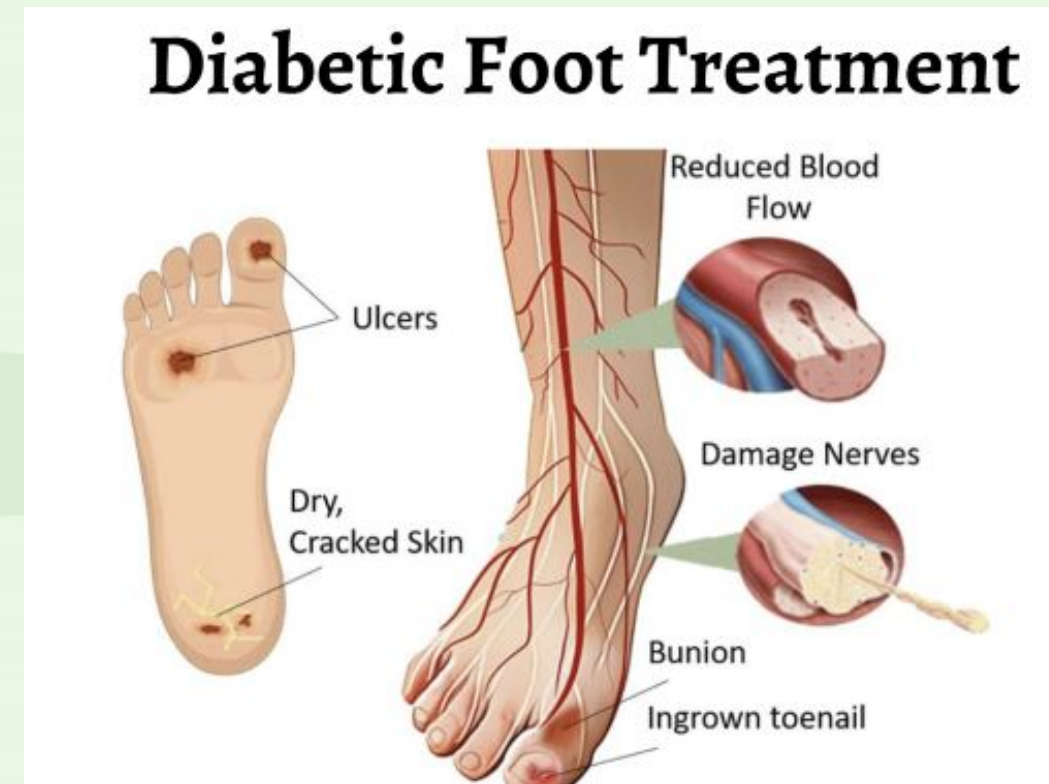


# Diabetes

- As it appears in the foot
  - Greater risk for foot ulcers (cont)
    - Altered immunity
      - Not able to fight off infection as well
        - May infect bone
        - May cause infection in blood
        - If infection not controlled, could lead to death
  - Greater risk for death
    - Infection can increase blood sugar, which can be lethal if not treated
    - Also in conjunction with heart disease

# Diabetes

- Treatment of foot issues
  - #1 CONTROL BLOOD SUGARS
- Prevention
  - Look at your feet every day
  - Always wear shoes
  - Do not place feet in extremes of temp
  - Seek treatment if you have an injury or cut
  - Anything red, hot, or swollen, get off your foot, and see your podiatrist



# Diabetic foot prevention

- Podiatric Prevention
  - Be seen yearly for foot evaluation
    - Sensory testing
    - Vascular evaluation
    - Evaluate shoe gear

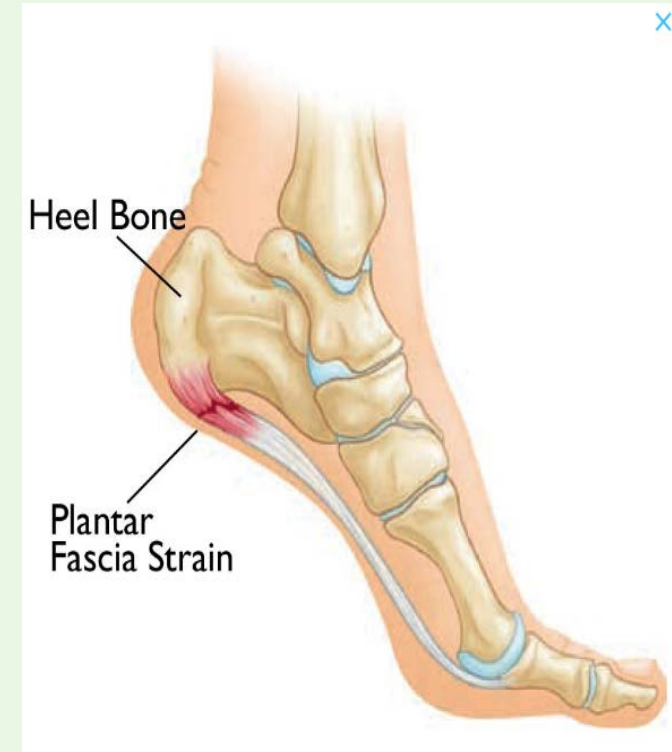
**PREVENTION IS BETTER THAN TREATMENT!**

# Plantar Fasciitis

**Heel Bone = “Calcaneus”**

Largest bone in the foot

Pain to the **BOTTOM**  
of the heel



# Plantar Fasciitis

Inflammation of the fibrous connective tissue “fascia” running along the bottom of the foot

Plantar fascia: thick connective tissue on the bottom of the foot

Extends from the heel to the ball of the foot

Maintains the arch of the foot

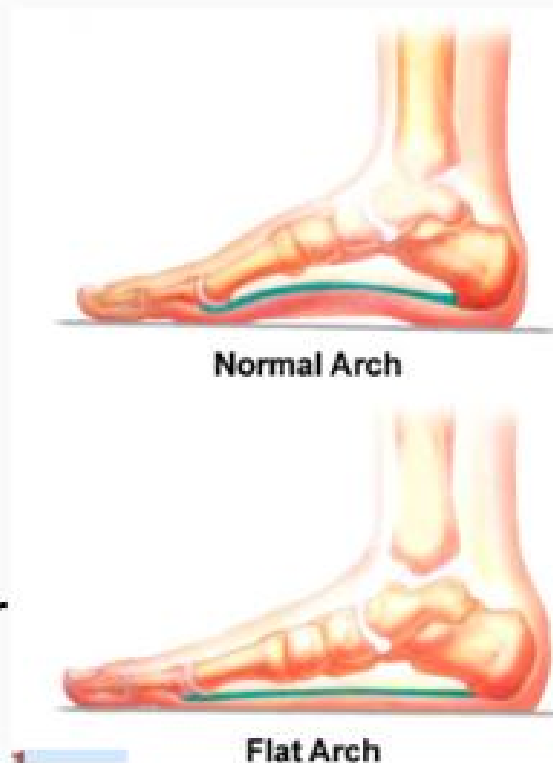


# Plantar Fasciitis

Pain on the bottom of the heel or arch

Pain when first getting up in the morning or after rest

Pain after being on your feet for long periods of time



## Causes:

- Flat feet
- High arched feet
- Sudden weight gain
- Prolonged standing or walking
- Tight Achilles Tendon

# Plantar Fasciitis: Treatment





# Questions



- <https://www.drddarrendaydpm.com/>



**(808) 536-4335**