

## CASE STUDY

# 1ST MTP ARTHRITIS

45-year-old male with a job that requires him to be on his feet for 8-10 hours a day. He neglected to seek treatment in past while his foot pain progressed. He is now seeking relief from the pain affecting his day-to-day comfort and abilities.

### MEDICAL HISTORY

- No previous major injuries to lower limb
- Activities: walks with family, running / jogging (when pain is manageable), cycling and hiking in free time
- Pain: ranges from 7-8 in severity
  - Experiences worst pain when prolonged standing (2-3 hours into his shift)
  - Has reduced overall amount of physical activity due to his symptoms
- Self Treatment: using NSAIDS, Tylenol Arthritis-pain, resting and unloading after long days of work
- Dr rx / imaging:
  - R 1st MTP Arthritis
  - Custom Orthotics with R turf toe plate

### CLINICAL OBSERVATION

- Pes cavus foot type
- Slight genu varum evident
- Overpronation, excessive medial shifting noted
- Slight hindfoot valgus upon heel strike
- Bilateral hallux limitus (R>L), enlarged / swollen R MTP joint



## TREATMENT PLAN

- Assessment for custom orthotics
  - Goal of unloading R 1st MTPJ/ Transverse arch/ and distributing plantar pressures efficiently
  - As per Dr. rx, implement a turf toe plate into orthotic design



- Footwear recommendation
  - Solid forefoot rocker
  - Stiff shank in shoe
  - Solid heel counter
  - High / efficient toe spring
- In-home footwear recommendation
  - Sandal with orthopedic features (stiff shank, deep heel cup, metatarsal pad)
  - Cambrian Sandal w/ option to fit custom orthotic

## 4-WEEK FOLLOW UP

- Pain reduction in symptoms (down to 4 in severity)
- Has begun enjoying walking / going to park with family again
- Rockered footwear has made notable difference in comfort for his work duties

## 8-10 WEEK FOLLOW UP

- Overall pain is now a 2-3 in severity at its worst
- Staying active with kids does not flare up pain as bad as it used to
- Beginning to increase cardio workouts again (jogging/ cycling)
- Home footwear used consistently

All pedorthic appointments are handled by our on-site pedorthists with extensive anatomy and biomechanical knowledge. Each case is treated with the patient's comfort and safety in mind as recommendations are given accordingly.

A comprehensive treatment plan may include custom orthotics, heel lifts, and shoe modifications, to name a few. Follow-up appointments ensure the services provided at Kintec evolves along with the patients' ever-changing lifestyles.

Patients can see a Pedorthist by booking a custom orthotics appointment at [kintec.net/booknow](https://kintec.net/booknow)