

# Midfoot Arthritis

## Tarsometatarsal Joint Arthritis

### Symptoms of Midfoot Arthritis

- Pain in the midfoot is the primary symptom of midfoot arthritis
- Midfoot Swelling and/or bony midfoot prominence may also be present.
- The condition becomes more prominent in patients in their 60s and 70s
- Symptoms are aggravated by standing and walking.
- Startup pain after getting up from rest is common.
- Symptoms usually progress gradually overtime?
- Significant midfoot trauma may lead to midfoot arthritis at a younger age.

### Physical Findings of Claw Toe / Hammer Toes

- Pain in the affected midfoot
- Some swelling may be present.
- A limp may be present.

### Imaging Studies seen in Midfoot Arthritis

- X-rays will demonstrate arthritic changes in the midfoot, usually involving the tarsometatarsal joints.
- X-ray changes will include joint space narrowing and possible bone spur formation.

### Treatment of Midfoot Arthritis

Non-operative (conservative) treatment of midfoot arthritis involves:

1. **Decreasing the load through the midfoot joints**
  - *Activity modification*
    - Look for ways to limit standing and walking
    - Perform exercises with less loading (ex. cycling instead of running)
  - *Comfort orthotics* -provides a soft foot bed to absorb load
  - *Weight loss* -losing 5-10 lbs will decrease ankle forces 15-30 lbs
  - *Comfort shoes* -gently curved stiff sole that is well fitted
2. **Decreasing the pain response**
  - *Anti-inflammatory medications* -May provide short-term pain relief
  - *Acetaminophen* -Can help to lessen pain
  - *Corticosteroid injections* -can decrease ankle inflammation and pain
  - *Plasma Rich Protein injections*

Surgery: Patients with severe midfoot arthritis whose symptoms are not adequately controlled with conservative treatment may be candidates for surgery:

- **Midfoot Fusion:** Converting a stiff painful arthritis midfoot joint into a stiff painless midfoot (pain can still originate from other areas)



**Figure 1: Typical Location of pain in Midfoot Arthritis**