



## MUSCULOSKELETAL CONDITIONS



### ARTHRITIS

Symptoms of arthritis include joint and swelling in joints, stiffness and reduced range of movement and joint deformity.

- Prevalence and inflammatory arthritis

Refer to GP

The foot is involved in 50-60% of people with inflammatory arthritis



### TENDONITIS

Tendonitis is an inflammation of the tendons, which often causes increased swelling.

- Prevalence, inflammatory and sports tendonitis

Offer foot care, rest and painkillers if needed. Refer to GP or podiatrist if pain persists with walking. Surgery may be needed for severe cases. 50% of tendonitis is resolved.

50% of tendonitis is resolved in 4-6 weeks and 80% of tendonitis is resolved in 12 weeks with treatment.



### GOUT

Gout is a form of arthritis that causes pain and swelling in the joints, often in the big toe.

- Prevalence of gout is increasing

Refer to GP for treatment of acute attacks with painkillers and anti-inflammatory drugs. Long-term treatment may be needed.

Gout affects 0.5% of the population and is more common with increasing age, affecting 10% of men over 65 and 5% of women over the age of 75 years.



## SKIN, NAIL, AND SOFT TISSUE CONDITIONS

### CORN AND CALLUS

Corns and calluses are areas of thickened skin that develop on the soles of the feet and between the toes of tight, ill-fitting shoes. They are caused by friction and pressure.

- Prevalence of corns and calluses is 10-15% in the general population.

White corns are more common on the toes and are caused by friction from shoes. They are more painful than yellow corns.

Yellow corns are more common on the soles of the feet and are caused by friction from shoes. They are less painful than white corns.

Both types of corns can be treated with a corn plaster or a corn knife.

Corns often recur after 2-4 weeks of treatment.



### FUNGAL NAIL INFECTION

Fungal nail infections are caused by a fungus that grows under the nail, causing it to become discolored and thickened.

- Prevalence of fungal nail infection is 10-15% in the general population.

Offer antifungal treatment to the nail. Surgery may be needed for severe cases.

Antifungal treatment often takes 6-12 weeks to show results.

Fungal nail infections affect 10-15% of the population.



### FLAT FEET

Flat feet are a condition where the arch of the foot is collapsed, causing the foot to be flatter than normal.

- Prevalence of flat feet is 10-15% in the general population.

Offer foot care, rest and painkillers if needed. Surgery may be needed for severe cases.

Flat feet affect 10-15% of the population.



### PLANTAR FASCIITIS

Plantar fasciitis is a condition where the plantar fascia, a band of tissue that runs across the bottom of the foot, becomes inflamed.

- Prevalence of plantar fasciitis is 10-15% in the general population.

Offer foot care, rest and painkillers if needed. Surgery may be needed for severe cases.

Plantar fasciitis affects 10-15% of the population.



### BLISTERS

Blisters are small, fluid-filled sacs that develop on the skin, often caused by friction or pressure.

- Prevalence of blisters is 10-15% in the general population.

Offer foot care, rest and painkillers if needed. Surgery may be needed for severe cases.

Blisters affect 10-15% of the population.



### DIABETIC ULCER

Diabetic ulcers are open sores that develop on the feet of people with diabetes, often caused by poor circulation and nerve damage.

- Prevalence of diabetic ulcers is 10-15% in the general population.

Offer foot care, rest and painkillers if needed. Surgery may be needed for severe cases.

Diabetic ulcers affect 10-15% of the population.



### VERRUCAE

Verrucae are small, raised bumps that develop on the skin, often caused by a virus called HPV.

- Prevalence of verrucae is 10-15% in the general population.

Offer foot care, rest and painkillers if needed. Surgery may be needed for severe cases.

Verrucae affect 10-15% of the population.



### ATHLETE'S FOOT

Athlete's foot is a fungal infection that causes itching, redness, and blisters on the feet, often caused by moisture and heat.

- Prevalence of athlete's foot is 10-15% in the general population.

Offer foot care, rest and painkillers if needed. Surgery may be needed for severe cases.

Athlete's foot affects 10-15% of the population.



### INGROWN TOENAIL

Ingrown toenails are a condition where the nail grows into the skin, causing pain and swelling.

- Prevalence of ingrown toenails is 10-15% in the general population.

Offer foot care, rest and painkillers if needed. Surgery may be needed for severe cases.

Ingrown toenails affect 10-15% of the population.



# Common Diagnosis Foot Guide Problem Treatment

**Marco Cascella**



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