

# Foot & Ankle Injuries in the Workplace



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# Types of Workplace Injuries

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- Acute
  - Falling items
  - Tripping/falling
- Chronic
  - Develops over time



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# Chronic Foot Problems in the Workplace

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- Plantar Fasciitis (with or without heel spurs)
- Stress fracture
- Posterior tibial tendon dysfunction (PTTD)



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# Plantar Fasciitis

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- Most common cause of heel pain in adults
- Inflammation of the plantar fascia
- Typically due to repetitive or excessive stress on the foot
  - Too much standing or walking



# Plantar Fasciitis: Symptoms

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- Gradual onset of pain
  - Bottom of the heel, underneath your arch or in both areas
- Worse with first steps in the morning or when standing after prolonged sitting
- Can develop heel spurs



# Treatment Options for Plantar Fasciitis

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## Conservative (non-surgical) treatment:

- Shoe inserts or custom orthotics
- Stretching exercises
- Appropriate footwear
- NSAIDs, such as ibuprofen
- Rest & ice
- Other (physical therapy, injections, etc.)

## Surgical treatment

- May be necessary if conservative treatment doesn't work



# Stress Fractures in the Foot

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- Hairline break in the bone
- Often caused by overuse or doing too much too soon
- Can lead to a complete break if untreated
- At risk if you've started a new job where you're standing/walking more



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# Stress Fractures: Symptoms

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- Pain at the site
- Sometimes:
  - Swelling
  - Redness
  - Bruising



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# Treatment for Stress Fractures

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- Start treatment as soon as possible
- Treatment options
  - Resting the foot
  - Immobilization (cast, walking boot)
  - Surgery



# Posterior Tibial Tendon Dysfunction (PTTD)

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- Too much stress can worsen PTTD
- PTTD causes changes in the tendon
  - Impairs the ability to support the arch
  - The foot flattens
- Also called “adult-acquired flatfoot”



# PTTD: Symptoms

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- Pain
- Swelling
- Flattening of the arch
- As PTTD advances, pain can shift to the outside of foot



# Treatment Options for PTTD

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- Orthotics or bracing
- Immobilization (cast or walking boot)
- Physical Therapy
- Nonsteroidal anti-inflammatory drugs
- Shoe modifications
- Surgery for some advanced cases



Can you prevent or reduce  
these problems?



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# It's all about your footwear!



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# What is the Right Footwear?

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There are 3 keys to keep in mind



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# Key #1: Supportive Shoes

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- Stiff soles
- Good arch support



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# Key #2: Slip-Resistant Soles

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- Avoid slips, skids and falls



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# Key #3: Avoid Open-Type Shoes

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- Don't wear sandals or other open footwear



# Take Good Care of Your Feet at Work!

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(Place DPM contact info here)



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