

Ankle Arthritis

Pain and reduced motion of the ankle

Ankle arthritis is a progressive destruction of the cartilage in the ankle joint, usually a result of trauma, deformity, chronic inflammation or weight gain.

Most common symptoms are pain at the ankle joint with weight bearing and reduced motion.



Normal Ankle



Arthritic Ankle

Treatment focuses on managing body weight, realignment and reducing inflammation.

Custom bracing and orthotics can help with deformity correction and offloading of ankle joint.