



## Common Terms for Foot & Ankle Conditions & Diseases

**Achilles Tendonitis:** This is a painful inflammation of the Achilles tendon (which connects the calf muscle to the heel), commonly found among females who wear high heels.

**Ankle Sprain:** Over extension of ligaments resulting from trauma, athletic injury or an inherently unstable ankle.

**Arthritis:** Symptoms include joint stiffness, pain or tenderness that persists two weeks or more. The cartilage protecting the joint is eroding and pain is caused by bone rubbing against bone. Rheumatoid arthritis and osteoarthritis are the two most common forms of the disease, though more than 100 varieties exist.

**Athlete's Foot:** A contagious fungal infection, recognizable by red, dry, cracked and itchy skin between the toes. Can lead to more serious skin problems when left untreated.

**Bunion:** Painful condition caused by misalignment or enlargement of the bone at the base of the big toe (usually from improperly fitting footwear or excessive physical activity); bunions can lead to joint arthritis if left untreated.

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**Calluses:** Thickened, irritated dead skin, usually found on the heel or ball of the foot. In diabetics and other individuals with poor circulation the skin can become ulcerated and infected..

**Corn:** A hard, painful area of thickened skin, usually covering a protruding bone or in between the toes. Often caused by the irritation of improperly fitting shoes.

**Fallen Arches (a.k.a. flat feet):** Low or non-existent arches can lead to further disability with advancing age and inactivity.

**Hammer Toe:** A tightening of ligaments and tendons causing the toe joints to buckle, forcing the toe upward and leading to shoe abrasion, inflammation, bursitis, corns or calluses.

**Heel Pain (Plantar Fasciitis):** Irritation of the ligament situated along the bottom of the foot and attaching to the heel. Usually causes pain upon walking in the morning. Prolonged inflammation can cause bone spurs to develop.

**Hematoma:** Blood beneath the nail, usually a result of injury or excessive physical activity. Possible indicator of toe fracture..

**Ingrown Toenail:** Excessively curved nail that causes pain by growing into the skin. Sometimes a chronic condition.

**Metatarsalgia:** Pain in the ball of the foot, usually caused by excessive wearing of high heeled shoes.

**Nail Fungus:** Discoloration (yellow or brown) or thickening of the toe nail; can lead to skin infection.

**Neuroma:** Painful enlarged growths of nerves, usually between third and fourth toe, causing burning, tingling or numbness.

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**Neuropathy:** Loss of sensation of pain, heat and cold in feet. Frostbite is a common cause of this condition, neuropathy can lead to serious infection if left untreated.

**Sesamoiditis:** Inflammation of bones underneath the base of the big toe, usually caused by excessive physical activity and improperly fitted shoes.

**Stress Fractures:** Partial break of the metatarsals (the long bones of the foot), caused by repeated pounding or trauma. Pain intensifies as exercise continues.

**Ulcer:** Open sores or breaks in the skin, often an indicator of circulation problems and/or diabetes.

**Warts:** Virus causing abnormal growths on the skin.