The Nitty Gritty of Foot and Toenails care in the Elderly

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We will cover the following:

• Anatomy of the foot

• Disorders, deformities and Injuries that affect feet, ankles and nails.

• Home care Tips.

• Medical evaluation and care.
Reasons why senior citizens experience common foot problems includes:

- Years of walking, working and healing from injuries
- Low quality, too small or uncomfortable footwear; pointy-toed and high heels
- Poor circulation
- Increased risk of diabetes, gout, heart disease, osteoporosis, obesity and other diseases causing foot problems.
- Difficulty properly trimming toenails due to impaired vision or mobility. 1:3 older adults can’t trim their toenails
How Aging Changes Your Feet?
- Your feet can get bigger

- You can lose range of motion

- Feet & ankles can be more prone to swelling
- Dry and itchy feet

- Toenails can get thicker

- Increased pain in the feet and ankles
Diseases of Toenails
Onychogryphosis, Ram’s Horn
Onychomycosis
Ingrown toenails
Forefoot
Bunion
Hallux limitus and rigidus
Tailor’s Bunion
Hammertoe
Hammertoe
Hammertoe
Callus
Corn
Treatment of Corn and Callus
Posterior tibialis dysfunction
Flat Foot

Normal Arch

Flat Arch
Flat Foot
Haglund’s deformity
Tarsal Tunnel Syndrome

NORMAL FOOT

TARSAL TUNNEL SYNDROME

Area of pain and numbness

Flexor retinaculum
Posterior tibial nerve
Compressed tibial nerve
Plantar Fasciitis

Inflammation of the plantar fascia
Heel Spur

A very large heel bone can form a spur-shaped protuberance, which is extremely painful.
Heel Spur on X-RAY
Treatment

• Analgesics

• Stretching

• Ice

• Proper footwear
Non-Binding Design with Seam-Free Protective Interior

- Air Pockets
- Advanced Insole
- Cushioning Sole
Home Care

• Wash your legs and dry them daily

• Inspect your toes and feet

• Change socks daily

• Apply moisturizer daily

• Regular toenails trim
• Stretching exercise

• Wears appropriate fitted shoes and Padding.

• Trial of Over the counter Tylenol or Non-steroidal anti-inflammatory NSAID

• Have your doctor inspect your feet at least once per year.
When to seek medical attention?

- Persistent pain not relieved with the routine home care

- Persistent pain after trauma or fall

- Recurrent falls

- If you have heart disease or diabetes and have wounds that aren’t healing in your legs or feet.
• https://www.youtube.com/watch?v=AXSj_5pBAKw

• https://www.youtube.com/watch?v=He8GYNuCKh8
Any Questions?
THANK YOU!