

Arthritis

Arthritis is an inflammation of the joints that affects many people. In the article *What is arthritis? What causes arthritis?* found on the site *Medical News Today*, arthritis affects “About 1 in every 5 American adults, i.e. 50 million people”. That means that one out of every five people you know has or will have arthritis. Arthritis can be caused by many different factors and can happen to children, teenagers, adults, and elders. Arthritis sufferers with inflamed foot joints need specialized shoes that can help soothe and reduce damage done from arthritis.

What are the causes of Arthritis?

Osteoarthritis, rheumatoid arthritis, and infectious arthritis are the three main types of arthritis. Osteoarthritis commonly happens in elder people, can be caused by previous injuries, deteriorates cartilage, and makes it weaken and lose its flex. Rheumatoid arthritis can be caused by autoimmune diseases like Lupus, where it swells the joints and makes them feeling stiff, painful, and may cause you to have a fever and tire easily. And infectious arthritis occurs when the fluid or the joint becomes infected with a bacteria or virus causing infection and deterioration. You can also get arthritis from having gout and being overweight by putting excess imbalanced pressure on joints.

How do I find out if I have Arthritis?

You will know you may have arthritis if you experience pain, inflammation, and stiffness when you wake up in the morning, after walking, or during and after doing anything physically active. Arthritis makes it hard to move, walk, or perform fine motor tasks like typing and holding pens. When arthritis strikes the biggest sign is pain, swelling, and inflammation to different combinations of hands, fingers, wrists, elbows, arms, legs, knees, ankles, feet, or toes.

You will know you have arthritis when you see a doctor who can provide an accurate diagnosis.

Is Arthritis a serious concern?

Arthritis is not life threatening but it can be very painful as joints throughout the body will swell and areas affected like the feet and toes can deform over time. Arthritic toes, ankles, and feet joints can hyperextend, warp, and cause bones to change the foot's natural shape. Without physical therapy, occupational therapy, and exercising arthritis can worsen with time. Keeping joints strong and flexible with stretching and exercise is very important for reducing inflammation and keeping at a healthy weight. Arthritis may flare up and you may not feel able to do anything but stay home or in bed. You may miss life events like exercising, dancing, trying new things and visiting new places because the pain can be too much. Arthritis may sound hindering but there are ways to treat and prevent the pain from running your life.

Treatment and Prevention of Arthritis

Many people are susceptible to arthritis through genetic inheritance but the activities you do and the shoes you wear can inflame joints with arthritis. When you are walking you should wear shoes from [REDACTED], with adjustable straps, widened toe box, cushioned insoles with arch support, supportive heel cups, a sturdy outsole, flexible fabric, and soft moisture absorbent lining. It is important for all shoes to be great shock absorbers and to have an insole that will evenly distribute pressure across the entire foot. Flat shoes, high heels, and tight shoes are very bad types of shoes for feet with arthritis.

If you are bed bound, have just had surgery to the area being affected, or just want to rest tired and aching feet, [REDACTED] carries house slippers and shoes that are as comfortable as they are adjustable. Easy adjustability and flexible fabric allow feet, toes, and ankles that swell more room and comfort. Because joint flexibility decreases cushioning is very important. We carry slippers and house shoes that are orthopedic approved.

If your feet have arthritis that has caused your feet to bend and become hammertoes or you've developed bunions then you can wear toe separators to keep your toes from bumping into one another. You may try to wear a corrective brace and your doctor may even find orthotic inserts the best option for you. [REDACTED] carries shoes that have deepened insoles that have room for wraps and have shoes with removable insoles you can replace with orthotic inserts and arch support inserts.

With arthritis, keeping muscles strong and flexible are a necessity for reducing swelling and pain. Low impact aerobic activities like swimming, water aerobics, or cycling can help your muscles, heart, and lungs stay fit even with arthritis. Towel stretches, yoga and tai chi can keep muscles and joints flexible and can reduce pain and swelling. Using ice packs and heating the affected area can help to relax the muscles and joints. Try getting a massage and soaking in a bath to relax muscles. Also keep in mind that weight loss for overweight arthritis sufferers can help to relieve a lot of pressure.