Foot osteoarthritis: epidemiology, diagnosis and treatment
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Osteoarthritis (OA) is the leading cause of chronic pain and disability world-wide. In 2012 it was estimated that 1.9 million people in Australia had OA, and this figure is expected to increase to 3 million people by 2032 [1]. OA affecting the joints of the foot is a common presentation in clinical practice, but has received relatively little research attention compared to OA affecting the knee, hip and hand. However, the publication of a standardised atlas for documenting radiographic features of OA in the foot [2] has enabled researchers to explore the prevalence, patterns and risk factors for this condition, and several trials assessing the effectiveness of interventions for foot OA are currently being undertaken.

This presentation will explore the epidemiology, diagnosis and treatment of foot OA, with a particular focus on OA affecting the first metatarsophalangeal joint (1st MTPJ). Specifically, it will provide delegates with an overview of the La Trobe atlas of foot OA [2], the use of this atlas to estimate the population prevalence of foot OA [3], risk factors for 1st MTPJ OA [4], the clinical diagnosis of 1st MTPJ OA [5], and the findings of two recently completed randomised trials assessing the effectiveness of viscosupplementation [6] and rocker-sole footwear [7] in the management of 1st MTPJ OA.

References