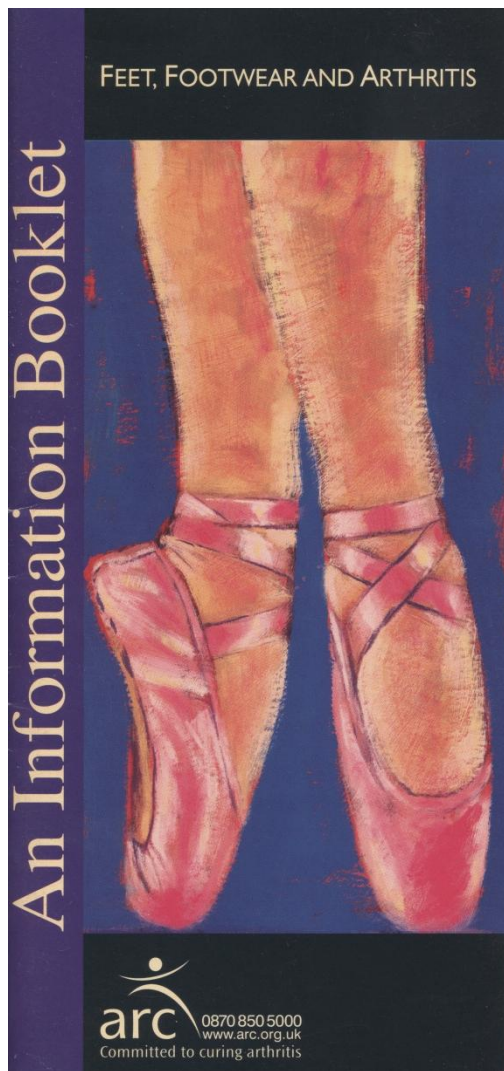


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The website for the answer to all your Orthopaedic Questions

- **Orthopaedic Opinion Online** is a website designed to provide information to patients who have orthopaedic and musculoskeletal problems and are undergoing treatment.
- **Patient information** is provided in the form of downloadable information sheets.
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- **Online review** of patients' X rays or MRI scans can also be provided and any proposed treatment plans reviewed.
- **Book a clinical consultation** with one of our internationally renowned consultant orthopaedic surgeons in Bristol or London.
- **Orthopaedic reports** can be provided for Injury or Accident Claims and Medical Negligence claims.

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Feet Footwear and Arthritis

Feet, footwear and Arthritis

Key words: Hip arthritis, hip joint, hip pain, hip replacement, hip arthroplasty, osteoarthritis, Cemented hip replacement, un-cemented hip replacement, hybrid hip replacement.

Summary

If you have arthritis, and you also have problems in your feet, this booklet will help you to understand why some of these problems arise. It will explain how these problems can be treated, what you can do to help yourself, how to choose the best shoes for your feet, and where to go for help when you need it.

Structure of the foot

The foot is a complex structure. It contains 26 bones, more than 30 small joints, and more than 100 muscles, tendons, ligaments, nerves and blood vessels. These must all work together so that your foot can do all that you need it to. Most people take a million or so steps per year, so the foot has a lot to do.

While babies' feet generally all look similar, adults' feet change over time with constant use. Most feet have a moderate arch which spreads the weight of the body evenly over many bones and joints. Some people have feet with a lower arch (known as pes planus), which means the foot tends to be more flexible. Other people have higher arches (pes cavus), which means the foot tends to be less flexible. Higher or lower arches are not necessarily a problem, but may increase your chances of developing other problems such as hammer toes, bunions, or corns and calluses.

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