



Evidence of orthopodiatric treatment affected by rheumatoid arthritis on foot [

Ediciones Complutense,
2017-11-14

[info:eu-repo/semantics/article](https://doi.org/10.1016/j.ortse.2017.11.001)

[info:eu-repo/semantics/publishedVersion](https://doi.org/10.1016/j.ortse.2017.11.001)

Artículo revisado por pares

Analítica

Background: Rheumatoid arthritis affects more women. The prevalence in our country is 0.5%. It should be approached by a multidisciplinary team. Characteristic foot signs` are synovitis of joints, enthesitis, rheumatoid nodules and vasculitis. The conservative treatment modalities are: orthotics, footwear, stretching, manual therapy and therapeutic exercises even by Tai -chi. **Objectives:** To evaluate the scientific evidence on the conservative treatment of rheumatoid foot with orthotics and therapeutic footwear. Aware of progress and that is the most suitable option for treating this disease that affects the feet. **Material and methods:** We carried out a literature review of the past 15 years in Pubmed .**Results:** We found the relationship between pain forefoot metatarsophalangeal subluxation and erosion of articular cartilage with increasing pressure to plantar metatarsal level which justifies conducting orthosis treatment aimed at reducing it. Conservative treatment is aimed at the use of orthoses and shoe therapy to improve pain, gait and functionality. There is scientific evidence for treating metatarsalgia with different types of orthotics that not only help improve the pain but also reduce the number of swollen joints. The combination with therapeutic shoe with or without external changes produces better results.**Conclusion:** There is little scientific evidence on the use of orthosis treatment for rheumatoid foot but found some articles that support its effectiveness, so it is essential to carry out studies in this field

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Editorial: Ediciones Complutense 2017-11-14

Tipo Audiovisual: rheumatoid arthritis; foot orthosis; therapeutic shoe; forefoot arthritis reumatoide; ortesis plantar; zapato terapéutico; antepié

Variantes del título: Evidencia científica del tratamiento ortopodológico en pie afectado por artritis reumatoide

Documento fuente: Revista Internacional de Ciencias Podológicas; Vol. 12 Núm. 1 (2018); 15-26

Nota general: application/pdf

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Lengua: Spanish

Enlace a fuente de información: Revista Internacional de Ciencias Podológicas; Vol. 12 Núm. 1 (2018); 15-26
1989-5151

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