



## Care of the arthritic foot.



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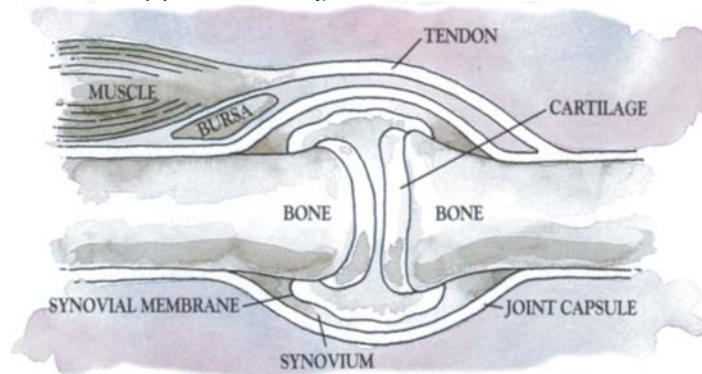
## Living with arthritis.

Today, it is good to know that although arthritis is America's number onecrippler, all arthritis can be helped. This booklet is written and designed to help people alleviate foot pain and keep their mobility, in spite of arthritis.

## Living with change.

For people suffering with arthritis, change is inevitable, and it is not always for the better. The Arthritis Foundation reports that 37 million men, women and children are affected by arthritis in the U.S., with an estimated half a billion people suffering from arthritis worldwide. As of yet, there is no cure, but it is possible to take control of your arthritis, so it doesn't take control of you.

Professional care, educational programs and intelligent self-care can help prevent tragedy and improve the quality of life of almost every person suffering with arthritis.



## Inflammation of the joint.

To better understand how to live and work with arthritis, it is important to know some basic facts. For example, there are over 100 kinds of arthritis, all of which have something to do with one or more joints of the body. A joint is a meeting of two bones for the purpose of allowing movement. Arthritis means "inflammation of the joint" or "problems with the joint."



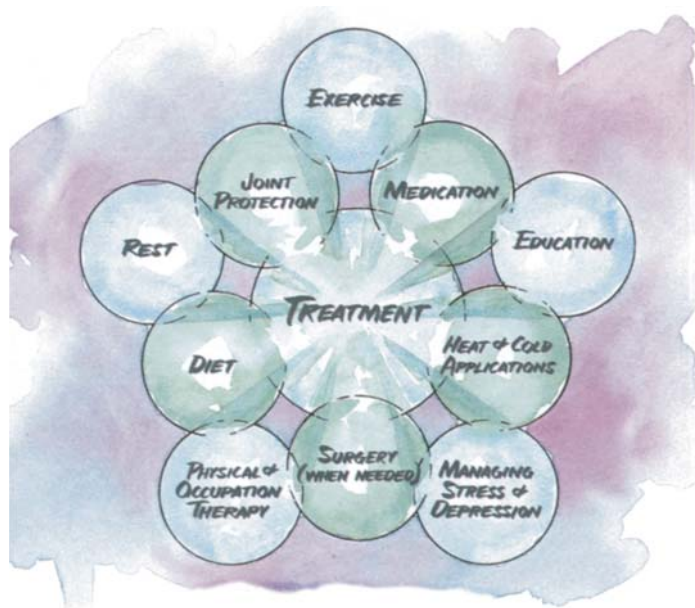
## Arthritis and your feet.

Did you know that the foot has 26 bones and 29 joints? This makes the foot very susceptible to arthritis problems and can leave a person with severe foot pain and problems of mobility. Helpful treatment for the feet can change a person's life and should include daily footcare, diet, exercise, and correct footwear, properly fitted.

## Making the best of life.

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## Direct treatment.

Your treatment program should be designed by a medical professional to meet your own specific needs. The program should be based on how severe your arthritis is, how long you've had it, which joints are affected, your general symptoms, other health problems and medications, as well as your age, occupation, and daily activities. Following a proper treatment program early on may help control joint damage and prevent future problems.

## Never give up.

You will get the best results from your treatment program if you stick with it at all times, even when you are feeling well. Discouragement and depression are arthritic partners, and it is essential for you to maintain a positive mental attitude.

## Nutrition can make a difference.

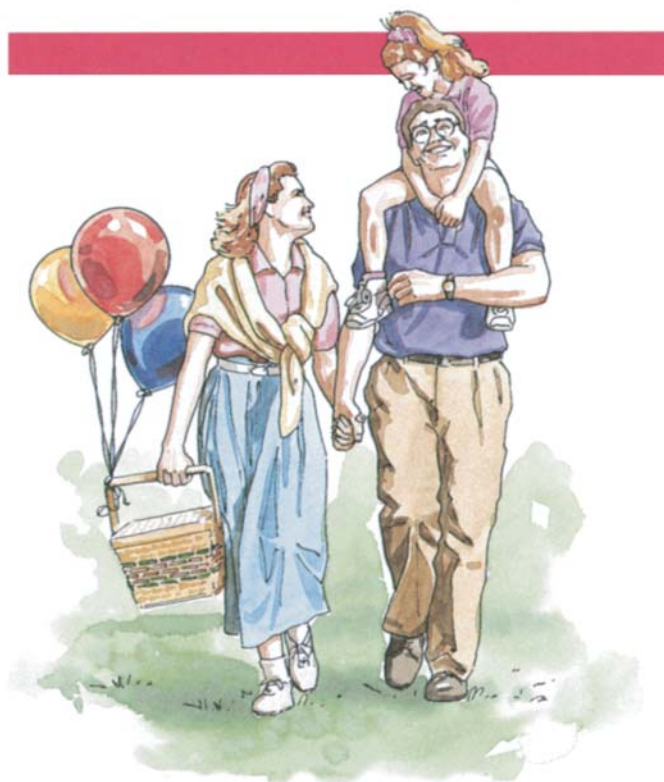
Although there is no known nutritional cure for arthritis, there are many reasons to eat well. It will help reduce flare-ups, make you feel healthier, and boost your energy. Of course, being overweight increases pressure on the joints, so it only makes good sense to reduce weight and reduce pressure. So follow the food pyramid and cut saturated fats, eat plenty of complex carbohydrates, fruits and vegetables.

## Medication is an individual thing.

Drugs can be an important part of your overall therapy program. They can effectively reduce pain and help control inflammation, when necessary. But determining what works best for an individual is very dependent upon teamwork by medical professionals and the patient. It is important to have a good dialogue with your medical professional, since you are the best judge of what works for you and what the side effects are for you.

## Exercise helps three ways.

Regular exercise is very important because it helps keep your joints flexible. It also helps strengthen the muscles that help keep your joints stable. Also, exercise can help you improve your cardiovascular and overall fitness. Talk to your arthritis health professional about the best exercise options for you.



## Walking for a better life.

Walking is a great way to condition your heart and lungs, strengthen bones and muscles, relieve tension, control weight, and generally feel good. Walking is easy, inexpensive, safe, and accessible. Most people with arthritis can walk as a fitness exercise. Of course, you should wear shoes that fit properly and are designed to give you good foot support, protection and comfort.

## Feeling good about yourself.

Living with arthritis can generate a number of complex feelings. Feelings that people tend to keep inside. It is important to let others know how you feel and how they can help. Honesty with yourself and with others helps build relationships that make you feel good about yourself.

## Don't try to go it alone.

It can be very beneficial to talk with someone who has a similar condition as you. If you are not a member of an arthritis support group, consider it. Those who learn to share their feelings and actively manage their condition do better.



4

## You have options. You decide.

No one knows how you feel better than you do. So you should find out what works for you. Set goals. Progress may come little by little, but you'll know what is helping you. Remember, people who get on with their lives do amazing things.

## Foot rules to live by.

1. Check your feet often. They are critical to your ability to remain mobile.
2. Inspect your toes and between them daily for blisters, cuts and scratches.
3. Inspect your feet for red areas on both the tops of your toes and the sides and bottoms of your feet. Using a hand mirror can help.
4. Wash your feet daily and dry carefully, especially between the toes.
5. Avoid using chemical agents to remove corns and calluses.
6. Avoid cutting or trimming corns or calluses.
7. Cut toenails straight across.
8. Wear properly fitted stockings.
9. Avoid wearing garters or other tight fitting bands around your legs.
10. With arthritis, the position of the bones in your feet can change. You may have to change or modify your footwear often.
11. Shoes should be fitted by a professional and should be comfortable at the time of purchase. Do not depend on them to stretch out with wear.



5



12. Proper fit of shoes is important. Size, as well as shape, should be considered. There should be adequate width and depth to avoid pressure on toes. The back of the shoe should be snug around our heel.
13. If you cannot purchase comfortable shoes, ask a footcare specialist for advice.
14. If your foot is turning in, call this to the attention of your footcare specialist.
15. Plan ahead to spend short periods of time walking when your feet are painful.
16. If you have unusual pain in your feet for longer than one or two hours after you have been walking, you have probably overdone it. Sit down and rest your feet.
17. Lose excess weight so that your feet won't have to carry it.
18. If you notice your ankle turns in when you walk, you may need to wear a corrective insert in your shoe. See your footcare specialist.
19. If you have painful overlapping toes, or you feel like you are walking on rocks, tell your medical specialist.
20. The most comfortable shoe may not be the most fashionable. However, there are well-designed and good looking shoes that will make your feet look good and feel good.
21. Consult your medical professionals and footcare specialists regularly.



## Consider the perfect shoe.

Xtra Depth® shoes are perfect for care of the arthritic foot. Examine their design and construction.

### THE XTRA DEPTH® SHOE



- |  |  |
|--|--|
| 1. ORTHOFLAIR sole for maximum stability and treading surface.                   | 5. LEATHER UPPER of soft, supple deerskin or calfskin.   |
| 2. LONG INSIDE COUNTER for maximum rear stability and arch support.              | 6. XTRA DEPTH® SPACE that provides ¼ inch or more added depth inside the shoe in order to accept custom orthotics if needed. |
| 3. PILLOW BACK foam-padded collar to improve heel fit and comfort.               | 7. MINORPLAST® removable cushion inlay for immediate comfort and adjustability.  |
| 4. LEATHER LINING for a smooth, non-irritating surface to help protect the foot. |  |

## Adaptability to your foot.

Many medical and footcare professionals agree, there is no end to the ways an Xtra Depth® shoe can be adapted to give your feet maximum fit, support, relief, and comfort.

### Xtra Depth®

This special added depth allows for a Total Contact Insert (TCI) and any other needed or desired orthotic insert.

A TCI is a special insole that is custom-made from a model of a foot and can achieve the following: relieve areas of excessive plantar pressure, reduce shock, reduce shear, accommodate and stabilize deformities, and limit the motion of joints. Of course, a TCI should always be designed and fabricated by an experienced footcare specialist.



## SIZE & WIDTH CHART\*



\* Most sizes and widths are in stock, some must be special ordered.

## Proper fit requires size and width.

The only way a shoe can possibly fit a foot properly is for the shoe to be the correct size, the correct shape, and the correct width. Look at the incredible Xtra Depth® size and width range shown in the charts above.

## A style and a width for almost every foot.

It's almost too good to be true. Xtra Depth® shoes are not only available in dress, casual, walking and athletic styles for men and women, but they are inventoried in the largest size and width selection in the shoe industry. Ask your footcare specialist about Xtra Depth® shoes, only by P.W. Minor.



## Celebrating Life

*"I have had rheumatoid arthritis for nearly 20 years, half of my life. The pain, from my feet, has been a challenge. Your Miss Contour' shoe has had such a dramatic effect on my daily life. Every chance I have, I make people aware of Xtra Depth® shoes."*

Linda L. Yingling, Glendale, Wisconsin

*"I can't say enough about how pleased I am with my Xtra Depth® All American shoes. I can walk without my feet hurting and I don't get tired like I used to. I will always buy Xtra Depth® shoes."*

Alexander Sigismondi, Rochester, New York

*"I've told all my friends in my arthritis support group about your shoes. They're the only shoes I can wear. Three years ago I couldn't walk half a block. Now, in my Xtra Depth® Thermolds®, I can do all the things I used to do. I just bought my fourth pair. Thank you for making the difference in my life."*

Patricia Meyer, Laguna Hills, California

*"Thank God and thank you for Xtra Depth® shoes!"*

Barney Todorovich, Whittier, California

*"My life changed drastically when I was diagnosed 4 ½ years ago as having rheumatoid arthritis. I had always been very athletic, and played a lot of racquetball and other sports. But the arthritic nodules on the bottom of my feet gave me so much pain it was difficult just to walk. Having deerskin Xtra Depth® shoes and total contact inlays has been a wonderful relief to me and has made such a difference in my life. Thank you."*

Paula Millsap, Strafford, Missouri

*"I know that without my Xtra Depth® shoes I would be back in a wheelchair. I feel great. Thanks to you I can walk again."*

Sudrey Zekich, Greendale, Wisconsin




## We are here to make your life more enjoyable.

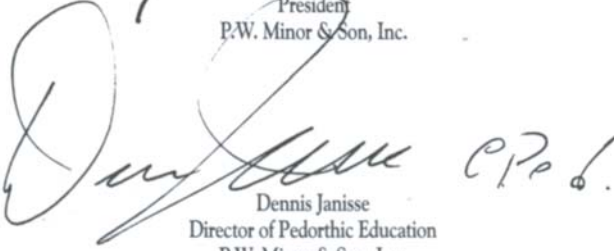
Attitude determines altitude. This phrase can have a great deal of meaning for anyone dealing with the pain and frustration of arthritis. In fact, every person's attitude significantly affects the goals, accomplishments and happiness they can achieve.

At P.W. Minor, we have a very determined attitude about designing and making shoes that will help people live more mobile, meaningful lives. But we can only help. Your life is really up to you.

You can be assured that when you purchase Xtra Depth® shoes, you are getting the best, the most adaptable shoes money can buy.

The many thank you letters we receive and the testimonials in this booklet both tell you more eloquently than we can express, why we take so seriously our job of providing shoes that trade pain for comfort.

  
Henry H. Minor III  
President  
P.W. Minor & Son, Inc.

  
Dennis Janisse  
Director of Pedorthic Education  
P.W. Minor & Son, Inc.

Information in this booklet came from the following sources:

"The Art & Science of Fitting Shoes," an article in "Foot & Ankle," June, 1992 by Dennis Janisse, C.Ped, Milwaukee, WI.

Xtra Depth® University, Publications Group, School of Pedorthics, P.W. Minor & Son, Inc.

Dr. John Ward, Professor of Medicine, Chief-Division of Rheumatology, University of Utah Medical Center.

Dr. Carolea Moncur, PhD., P.T., Immediate Past President, Arthritis Health Professional Association AHPA, Chief-Physical Therapy Dept., University of Utah Medical Center.

Arthritis Foundation, P.O. Box 19000, Atlanta, Georgia, 30326

"The Arthritis Helpbook," Kate Lorig, R.N., Dr. P.H., Director, Patient Education Research, Stanford Arthritis Center, and James F. Fries, M.D., Associate Professor of Medicine, Stanford University School of Medicine, Addison-Wesley Publishing Company, Inc.

Dr. Alan Xenakis, Emmy Award-winning health care physician and host of the video "Feeling Good with Arthritis."

## At your service.

For additional copies of this booklet or answers to specific questions relating to Xtra Depth® shoes, visit your nearest Xtra Depth® dealer or footcare professional.

Professionals: For additional copies of this booklet for educational purposes, please call toll-free 1-800-PW MINOR.

**P. W. MINOR**  
maker of *Xtra depth* shoes

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