

Argus Orthopaedic Zone

Frequently Asked Questions (FAQ)

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Transforming patient information into patient understanding.

Well, it is time again to answer some of the questions I get asked a lot. Ready, here goes.

- Why do there seem to be so many foot and ankle problems?
That's easy. Because the architecture of the foot and ankle is vastly complex and quite vulnerable to injury and arthritis.
Next question.
Seriously though, there are 28 bones in the foot, one fourth of the bones in your entire body and more than 30 joints. Add to that all the ligaments, tendons, muscles and nerves needed to operate the foot as you walk, run, turn, squat and stand.

To do all these activities the foot has to be complicated. Those of you wearing flip flops all the time are not doing your feet any favors. Your poor feet deserve better!
- What joints get the most arthritis in the foot and ankle?
In this order
 The ankle
 The bones of the middle of the foot
 The big toe
- Can a vegetarian diet help people with osteoarthritis?
There is no evidence that a vegetarian diet will change the course of the disease, osteoarthritis.
- I've heard fish oil can help fight arthritis. Does it?
Omega-3 fish oil capsules can be used as a naturally occurring anti-inflammatory, which may be useful in reducing the severity of arthritis symptoms.
- Can I take my arthritis medication with coffee or juice instead of water?
Water is best. Juice contains acid, coffee has caffeine. These substances may interact unfavorably and interfere with the absorption of the medication.
- Six months after my total knee replacement, it still hurts as much as before surgery. How come? What went wrong?

Arthrofibrosis is a condition in which scar tissue and tightening of muscles occurs after knee surgery. What triggers it is not known and cannot be predicted before surgery. Pain can be caused by other problems too. If it is caused by arthrofibrosis it sometimes helps to examine (manipulate) the knee under anesthesia to increase range of motion and decrease pain. Check out the article on my office website www.orthopodsurgeon.com titled "Doc, My Knee Still Hurts".

- Some people take megadoses of Vitamin C. Can this be harmful to the joints?

No harmful effects on the bones and joints have been proven. In healthy individuals it appears large doses of Vitamin C up to 1000mg/day are well tolerated and not associated with any adverse effects.

For answers to all your orthopaedic and musculoskeletal questions consult our office teaching website www.orthopodsurgeon.com, which can also take you to Your Orthopaedic Connection.

The goal of our office is simple - To help people lead more pain free, functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush