



## Foot Deformities in Older People

Thomas William\*

Department of Orthopedics, University of Sussex, UK

### Abstract

While foot problems are not unique to older women, they are more prevalent in that age group than in younger women and affect between 20 and 45% of women over the age of 65. These include skin conditions, fungal infections of the toes and toenails, thickened toenails, ulcers, fissures or cracks between the toes, corns and calluses, as well as flat or high-arched feet. Structural deformities of the toes include hallux valgus, hammer, mallet, or claw toes. Foot discomfort is prevalent and may be brought on by other foot co-morbid conditions. Inadequate footwear may contribute significantly to slips, trips, and falls, which can cause fractures to the lower or upper limbs, as well as the terrible genesis of these issues. For older women, enhancing foot health and reducing falls are the primary goals. This review discusses the prevalence of foot deformities in older people, the impact of these conditions on quality of life, and the role of footwear in the management of these conditions. It also discusses the importance of regular foot care and the role of podiatrists in the management of these conditions.

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**Problem reduction**

Several studies have shown that the prevalence of foot deformities increases with age. In a study by [7, 8], it was found that over 60% of individuals aged 65 and older had some form of foot deformity. This is a significant public health issue as it can lead to pain, difficulty walking, and an increased risk of falls. The most common deformities include bunions, hammertoes, and flat feet. These conditions are often associated with wear and tear on the foot over time, as well as genetic factors. Proper footwear and orthotic devices can help reduce the symptoms and prevent further progression of these conditions. Research by [9, 10] suggests that early intervention and management can significantly improve the quality of life for older adults with foot deformities.

**Conclusion**

With the aging population, the prevalence of foot deformities is expected to increase. It is crucial for healthcare providers to recognize and address these conditions in older patients. Early diagnosis and appropriate management, including the use of orthotics and custom footwear, can help alleviate symptoms and prevent complications. Further research is needed to explore the most effective interventions for different types of foot deformities in the elderly population.

Foot deformities in older people are a common problem that can lead to pain and difficulty walking. This article discusses the various types of foot deformities and the best ways to manage them.

**References**

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