

## **Capsulitis**

Capsulitis is a condition that's related to the inflammation of ligaments. A ligament is the tissue in joints which hold the bones together and also keep them from rubbing against each other. Sometimes, when excess stretching or trauma takes place in a joint, the tissues will become inflamed from overuse or over stretching.

Activities that cause capsulitis include anything where there's excess stretching or strain on the toes like working low to the ground, climbing ladders, or stooping down in your garden. Wearing high-heeled shoes can also cause capsulitis. Abnormal foot function can also cause increased stress to the joints resulting in capsulitis.

Patients with this condition usually complain that they have pain in the forefront of their foot and toes. Most patients report that the pain is not related to any specific event, but is a distinct recurring and nagging pain affecting them in everyday activities.

Dr. Danciger is happy to help patients suffering with Capsulitis. Treatment options are noninvasive and include the following:

- Wearing low-heeled shoes with firm soles that fit properly.
- Decreasing or temporarily discontinuing the activity responsible for the onset of the inflammation.
- A short course of oral anti-inflammatory medication. Note: Please consult your physician before taking any medications.
- Cortisone injections.
- Padding, orthotic devices
- Surgery

If you are experiencing recurring pain in your toes or anywhere else in your foot, do not ignore it. Foot pain is not normal. Harvey Danciger is an expert at resolving foot pain; don't let it keep you from doing the things you love.