Arthritis and Big Toe Mobility

Joint health or the risk of arthritis is one of the most common concerns with age. There are over 54 million adults in the United States living with arthritis.

And with those over age 65, up to 50% will experience arthritis in at least one joint. Now when it comes to foot health, the most common joint in the foot that experiences arthritis is our big toe.

Now the reason why this is so important or of a great concern is that we need optimal big-toe mobility when we walk.

How Toe Stiffness Affects Walking

and specifically to walk fast enough. Walking speed has been demonstrated to be a predictor of morbidity and mortality. In order to work fast, we have to take long steps.

We must be able to extend and get full range of motion through our big toe. If we lose that range of motion, we will start to shorten our step length.

As we shorten out step-length, this is going to cause a weakening of our glute muscles, which can contribute to low back pain, SI joint pain and it can transfer into our knees and our ankles.

Four-Foot Rocker Shoe Solution

OrthoFeet has an innovative solution for those who have arthritis in their big toe and this a four-foot rocker. Now a 4-Foot Rocker in a shoe allows you to roll through the shoe versus through to the joint.

Using a Shoe with a Four- Foot Rockers such as those by Orthofeet allows to maintain an optimal step length to maintaining optimal walking speed and to support your overall foot health and movement longevity.