Psoriatic Arthritis of the Foot-You Don’t Know if You Don’t Ask and Look

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  - My disclosures are updated in AOFAS mobile app
  - No potential conflicts with this presentation

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  - No potential conflicts related to this presentation
Psoriatic Arthritis (PsA)

- Chronic inflammatory arthropathy
- Affects over one million people in the US
- ~5% of people with psoriasis go on to develop PsA
- Early diagnosis and treatment is imperative to a patient’s outcome
Methods

- Several patients presented to our clinic with vague fore- and hindfoot complaints, frustrated with their long-standing, undiagnosed foot pain.
- In our series a diagnosis of psoriasis was known or diagnosed at presentation.
- A series of eight patient physical exams, charts and radiographs were reviewed.
- Literature search for psoriatic arthritis was performed and reviewed.
Results

- With the exception of one known diagnosis of psoriatic arthritis, all patients presented with unrecognized psoriatic skin patches.
- 4 out of 5 patients presented with forefoot pain.
- One patient had a sausage toe.
- Two patients showed hindfoot degeneration.
Findings

SAUSAGE THIRD TOE

Common Nail Changes
Common Skin Changes
Common Radiographic Changes

Advances degenerative changes

Peri-articular calcifications
Conclusion

- Conservative treatment and early identification of psoriatic-related foot pain is imperative to prevent unnecessary studies and therapies.

- Most patients experience symptom relief with NSAIDS, steroid injections, and medical management to control the underlying diagnosis.

- A patient who complains of vague foot pain should raise concern of psoriatic arthritis.
References

