

Fast Facts

Bone Spurs

-Also called osteophytes

-Tiny bony projections that form along the edges of bones, usually in a joint

-Usually the result of joint damage from osteoarthritis

-Osteoarthritis causes the cartilage that cushions the ends of bones to break down. The body tries to repair the area by creating more bone cells and this results in a bone spur.

-Can have bone spurs anywhere, but more common in the knee, spine, hip and heel

Symptoms	Treatment	Prevention
<p><i>Typically:</i> -None</p> <p><i>Occasionally:</i> -Swelling -Pain -Loss of motion to the affected joint</p>	<p><i>Initial:</i> -Rest -Ice -Over-the-Counter Pain Medications</p> <p><i>Intermediate:</i> -Physical therapy -Steroid injections</p> <p><i>Severe:</i> -Removal via surgery</p>	<p>-Not much if caused by arthritis</p> <p><i>Reduce Risk:</i> -Eat a well-balanced diet that includes calcium and vitamin D -Do weight-bearing exercises frequently -Maintain healthy weight -Wear shoes that have enough room for your toes with good arch support and cushioning -Make sure shoes don't rub against feet when walking (wear thick socks to prevent this)</p>

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