



Foot Pain

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“My feet hurt” can be a common expression. The foot and ankle consists of 28 bones, more than 30 joints, and many tendons, ligaments, muscles, and nerves. There are many areas of the foot and ankle that can become painful. A few common diagnosis of foot pain include: tendonitis, plantar fasciitis, bone spurs, bunions, osteoarthritis, and neuromas. Each of these problems occur for various reasons and are treated differently in terms of dealing with each individual problem. However, there are a few general tips for avoiding and dealing with foot pain.

- Wearing good supportive shoes: throw away your old, worn out shoes! When purchasing a good pair of shoes for exercising make for sure you get the shoes that best fit your foot type. If you have poor arches and a very flexible foot, then you will need a high stabilization shoe. Talk to a therapist if you don't know what type of foot structure you have - and the salespeople at the shoe store should be able to show you what a good “stabilization” shoe looks like. Avoid non-supportive footwear such as flip-flops and high heels!
- Weight control: Your feet are taking the load with each step you take. As your foot hits the ground it has to control your body weight against gravity. Therefore, keeping your body weight within it's optimal range will help avoid the onset of foot pain.
- Stay flexible: you should be performing daily stretches for most areas of your body to maintain flexibility of the joints, this include the foot and ankle. Calf stretches can help maintain good ankle flexibility to avoid foot problems.
- Address foot pain if it starts: Don't wait for months before seeing someone about your foot pain. If an ache or pain begins, you can try some home management techniques for a few days. If it is not resolved within the first week, seek help from a professional. They have the equipment available to help you! Podiatrists can take images of the foot, order custom orthotics if necessary, and more. Physical Therapists are also very skilled in treating common causes of foot pain.