

Foot Pain



What is Foot Pain?

Foot pain is discomfort or aching anywhere in the foot. It can result from injury, overuse, poor footwear, or underlying medical conditions.

Common Causes

- **Plantar fasciitis** – pain in the heel or arch

- **Arthritis** – joint inflammation, often in older adults
 - **Bunions** – bony bump at the base of the big toe
 - **Flat feet / high arches** – abnormal foot mechanics
 - **Sprains and strains** – ligament or muscle injuries
 - **Tendonitis** – inflamed tendons
-

Who Gets Foot Pain?

- People who **stand or walk for long periods**
 - Older adults with **wear and tear or arthritis**
 - Runners or active individuals
 - People with **obesity or poorly fitting shoes**
-

Symptoms

- Pain in the **heel, arch, toes, or top of the foot**
 - Swelling or tenderness
 - Stiffness or difficulty moving the foot
 - Pain that worsens during activity
 - Redness or warmth in some cases
-

Self-Care & Home Management

- **Rest** – reduce activities that worsen pain
 - **Ice therapy** – 10–15 minutes, 2–3 times daily
 - **Footwear** – wear supportive shoes with cushioning
 - **Stretching** – calf and plantar fascia stretches
 - **Foot supports / orthotics** – to reduce pressure on painful areas
 - **Pain relief** – paracetamol or NSAIDs if safe for you
-

Exercises

1. **Calf Stretch:** Lean against a wall, one leg back, heel on floor, hold 20–30 seconds, repeat 3 times
2. **Plantar Fascia Stretch:** Sit, cross affected leg, pull toes toward shin, hold 15–30 seconds, repeat 3 times
3. **Foot Strengthening:** Towel scrunches or picking up marbles with toes

A physiotherapist can provide **specific exercises tailored to your foot pain.**

When to See a Physiotherapist or Doctor

- Pain **does not improve** after 2–3 weeks
 - Swelling, bruising, or deformity
 - Difficulty walking or performing daily activities
 - Pain that is **persistent or worsening**
-

Treatment Physiotherapists May Offer

- Hands-on treatment: **massage, mobilization, stretching**
 - **Exercise programs** for strengthening and flexibility
 - Advice on **footwear, orthotics, and activity modification**
 - Taping or supportive devices for **pain relief and protection**
-

Prognosis

Most foot pain improves with **appropriate care** over a few weeks to months. Early treatment and consistent exercises help prevent **long-term problems.**

References

- NHS – Foot Pain: www.nhs.uk/conditions/foot-pain
- Chartered Society of Physiotherapy – Foot & Ankle Guidance