



Have you forced your foot into a pair of shoes that's just maybe a half of a size too small? Or crammed your toes into narrow high heels and teetered around at a party until it feels like your arches will never go back to normal?

Foot pain is alarmingly common. No pain is normal, but it's not surprising how many people experience it and due to neglecting their feet. They're the last things we take care of, but our feet determine whether we're going to get knee pain, ankle pain, and back pain. They are the foundation of our health.

There's a lot going on in your feet: bones, ligaments, tendons. And causes of foot pain can range from injury and inflammation to structural issues and maladaptations. Not all foot pain is serious, but you should never ignore any aches. Don't write it off as a side effect of yesterday's long run, or dancing until late last night; pay attention to your body, learn what feels normal to you, and as soon as you notice something that *doesn't* feel normal, contact your GP, Foot Health Practitioner, or local podiatrist.

Here, the eight most common causes of foot pain that every person needs to know about.

1 PLANTAR FASCIITIS

Heel pain is one of the most common types of foot pain. The plantar fascia is a thick ligament that runs from the heel to the front of the toe on the bottom of the foot. Plantar fasciitis occurs when that ligament gets inflamed, typically due to tension and stress on the heel, which can be caused by wearing shoes with high arches or high-impact activities like running.

If you're experiencing a sharp, stabbing pain in your heels, try switching to more supportive, wider shoes for a day or two. But if the pain isn't improving within that time and over-the-counter pain meds, ice, or soaking your feet aren't helping - then you should go to the doctor,

2 MORTON'S NEUROMA

This condition isn't very common, but it has been linked to wearing high heels. A neuroma is an enlargement of the tissue around the nerves between your toes. If you wear very narrow, tight, high-heeled shoes that compress the foot, it causes rubbing, which then causes the nerve to thicken. This can cause your toes to sting or go numb, or lead to a burning pain in the ball of your foot.

Switching to roomier, more supportive shoes can provide relief, but, again, if the pain lasts more than two days, go see your GP.

3 BUNIONS

A bunion is a bump at the joint of the big toe, a common error is that a Bunion is caused by footwear, shoes can aggravate the bunion, but they don't cause it. Rather, we all have different foot types such as over-pronator, over-supinator, flat feet, high arches - which, combined with genetics, stress or certain conditions, can cause instability that shifts your bones and leads to the bunion. It is possible to get a bunion on the side of the pinky toe, too—that's called a bunionette.

4 HAMMERTOES

Normally, your toes sit nice and straight, but when you have a hammertoe, your toe is sitting almost like a claw, with a bend in the middle. When walking, the muscles are firing longer and harder through the gait cycle, so the muscle is constantly contracting, causing your toes to pull up into a hammer-like position, resulting in one part of the bone to stick out above the others, and when it starts to rub, causing friction, it can lead to a corn, or a more painful, smaller callus.

If your Hammertoe is causing you pain contact Reve Therapies, or your G.P.

5 RHEUMATOID ARTHRITIS

Rheumatoid Arthritis is a chronic inflammatory disorder, affecting all parts of the body. A side effect of rheumatoid arthritis is that your bones start to deviate, so they're not sitting straight, they're starting to angulate, your toe joints will feel tender or swollen and stiff, and you can actually develop

growths on joints called rheumatoid nodules, If you suspect rheumatoid arthritis as the cause of your foot pain or if you have a family history of RA, you should go straight to a rheumatologist via your G.P.

6 GOUT

Gout is another form of arthritis. It could be hereditary, or from poor kidney function and don't have a certain enzyme to break down the uric acids found in meats, heavy sauces, and seafoods, uric crystals harden and go to the coldest part of the body—typically the big toe joint. Your joint will look red, feel hot, and swell, and be super sensitive to touch.

Since those things can also be signs of an infection, you should see a doctor ASAP.

7 TENDINITIS

Tendinitis or inflammation or irritation of a tendon, is typically caused to wear and tear, commonly resulting from lack of support and doing exercise on hard surfaces, You can get it from pretty much anything. Tendinitis typically feels like a dull ache, and comes with mild swelling, most often immediately after the offending activity,

The best ways to get rid of it are rest and physical therapy. If you have persistent pain lasting more than a few days, head to your doctor for more options.

8 A STRAIN OR SPRAIN

When you're active, it's easy to write off a rolled ankle or other minor injuries. But those could actually be strains or sprains, which occur when you overstretch the ligaments or muscles and tendons, respectively, and you need time to recover from them. When you stretch ligaments or tendons, it's like stretching leather—they don't just snap back like a rubber band; it takes them a long time. The best cure is to apply R.I.C.E. rest, ice, compression, and elevation. Rebuilding the strength of the tendons, muscles, and ligaments will take time, and physical therapy can be helpful.