



## Common Causes of Foot Pain & How Physiotherapy Can Help



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# Common Causes of Foot Pain & How Physiotherapy Can Help



You want to go for a nice evening stroll or spend an afternoon at the mall. But that pain in your foot makes prolonged walking seem like an impossibility. Now what?

Foot pain is a common problem—and one that can have a significant impact on your day-to-day life. If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, physiotherapy at Expert Physio Plus can help you find relief. Our team of experts will dig down to identify the root cause of your pain. Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief.

Don't let foot pain hobble you completely! Give us a call to set up an appointment to uncover the source of your foot discomfort.

## What Are the Common Causes of Foot Pain?

When determining the source of your foot pain, you'll first want to pinpoint where the pain is coming from. Is it along the bottom of your foot? Is it along the top of your foot? In your heel? Could your ankle be involved? Our therapists will conduct a detailed evaluation to

ensure we fully understand your symptoms. We'll review your health history and recent activities and perform a physical examination that gives a complete picture of your condition. From there, we can determine the underlying injury or condition causing you pain.

### While causes of foot pain vary wildly, here are some of the most common:

- **Plantar Fasciitis:** This is the most common cause of foot pain, occurring in about 10% of the general population. It causes pain and stiffness along the bottom of your foot and into your heel and occurs when certain tissue (the plantar fascia) becomes swollen and inflamed.
- **Achilles Tendonitis:** Another example of inflammation in foot tissue, Achilles tendonitis causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).
- **Heel Spurs:** This condition refers to a bony growth that develops on your heel bone due to stress and strain on the ligaments and tendons.
- **Stress Fractures:** Stress fractures are small cracks in the bone that generally occur due to overuse. While they can happen anywhere, your feet are particularly susceptible as they absorb much of the impact from activities like running, excessive walking, and jumping.

# How Expert Physio Can Help

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## Physiotherapy

Physiotherapy determine the source of your foot pain and addresses it through tailored exercises, stretches, and manual techniques, restoring mobility, strength, and function for lasting relief and improved foot health.

## Compression Socks

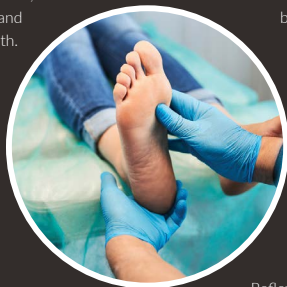
Compression stockings are designed to decrease blood flow to working muscles, in order to promote hypertrophy (increase in muscle mass) and prevent disuse atrophy (decrease in muscle mass).

## Medical Foot Care

Whether it's a chronic condition or an accidental injury, there are a variety of foot and ankle issues that range from mild to severe.

## Taping

Kinesio taping (also known as sports taping, KT taping, or Rock taping) is a technique that involves applying a specialized type of tape to your joints, muscles, and tendons to help reduce pain and improve mobility.



## Custom-Made Orthotics

Custom orthotics are devices that are individually created to uniquely fit your feet. They resemble insoles but are made of materials that will last longer than prefabricated orthotics.

## Shockwave Therapy

Shockwave therapy sends acoustic shock waves into soft tissue to positively affect the healing process and breaks up adhesions that can restrict mobility in tendons or other soft tissues in the body.

## Reflexology

Reflexology alleviates foot pain by stimulating pressure points, promoting relaxation, and enhancing circulation, offering natural relief and improved well-being.

## Gait Analysis

Gait analysis, also known as walking or motion analysis, is a comprehensive evaluation of the way an individual stands and walks.



## Leprechaun Shortbread Cookie Bites

### Ingredients:

- ½ cup unsalted butter, at room temperature (plus more to butter the pan)
- ¼ cup granulated sugar
- ¼ teaspoon almond or vanilla extract
- 1 ¼ cups all-purpose flour
- ¼ teaspoon salt
- 4 to 6 drops green gel food coloring
- 4 teaspoons Saint Patrick's Day color nonpareil sprinkles (recommend a mixture of green, yellow, and orange)

**Directions:** Preheat the oven to 325 degrees F. Butter the bottom and sides of an 8-inch pan, then line with parchment paper, pressing the sides and corners to stick. In a large mixing bowl, beat the butter, sugar and extract at medium speed until creamy, about 1-2 minutes. Add the flour and salt. Mix on low speed until crumbly. Add the food coloring and continue to mix on low until a dough forms. It will be crumbly for a while, but keep beating and scrape the sides of the bowl occasionally. Stir in the nonpareils until evenly distributed. Transfer the dough to the lined pan and press evenly into the bottom. Use the parchment paper to lift the dough from the pan and transfer to a cutting board. Cut the dough into ½-inch square pieces (a pizza cutter works well). Place the squares ½-inch apart on an ungreased baking sheet; discard parchment paper. Bake for 13 to 15 minutes, or until bottoms just begin to brown.

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# Medical Foot Care

Are you living with diabetes? Or maybe you're an older adult or someone who has recently suffered an injury and finds caring for your feet difficult. No matter the reason, Expert Physio Plus offers specialized foot care addressing various needs. Keeping your feet healthy is an important factor in maintaining a high quality of life. This is especially true for people with diabetes, as the condition reduces blood circulation and damages the nerves in your feet, leading to a higher incidence of sores and other foot problems.

But our services aren't limited to those with diabetes. For older adults, healthy feet can help you stay mobile and independent—but age can also make it difficult for you to trim your toenails, tend to cracked heels, or address fungal infections like athlete's feet. Our services can keep your feet in great shape so painful foot conditions don't cramp your style. After all? We can bring these services directly to your home, making us an ideal choice for anyone with limited mobility. You can also access our services at our clinic.



Don't let poor foot health impact your quality of life. Request an appointment with us today by scanning the QR code!



# Patient Success

*"Very efficient staff (honestly everyone) from the reception to the assistants and definitely the physiotherapists."*

"This physio clinic is amazing. Very efficient staff (honestly everyone) from the reception to the assistants and definitely the physiotherapists. Mina is one of the best. I can't say enough about how efficient and professional he is. He gets to the point in no time. I hadn't been able to sleep for nights due to severe back pain, but I slept very well as quick as one visit. Thank you, guys." — **M.G.**



# Are Your Shoes the Cause of Your Foot Pain?

Who doesn't love a great pair of shoes, especially when they're the final touch on a knockout outfit? Unfortunately, shoes are more than just a fashion statement—they can also contribute to foot pain. At Expert Physio Plus, we can let you know for certain if your shoes are causing your foot-related woes. In the meantime, here are some simple guidelines to remember the next time you go shoe shopping.

## Your Guide to Finding the Perfect Shoe

- **Make sure it fits.** Cinderella's stepsisters learned it the hard way: it doesn't matter what a shoe looks like if it doesn't fit your foot. If your shoes are too tight or restrictive, your feet will not have full mobility, leading to pain and other discomfort.
- **Pointed toes are out this season.** Those fierce pointy-toed shoes might look great, but they squeeze your toes together in a way that can cause problems in your toe joints.
- **So are high heels.** A severe high heel looks fabulous (and sounds even better), but it forces your foot into an unnatural shape, leading to significant impacts on the overall health of your feet—

not to mention a higher risk of sprained ankles, lower back pain, and balance issues!

- **But comfort and support are in.** The best shoes are the ones that feel good while wearing them and after when you take them off. In most cases, these shoes provide your foot with the support it needs to work correctly, ensuring the foot is protected and feeling good.

Okay, so our physiotherapists may not be your first choice for fashion tips—but we can help you avoid persistent, debilitating foot pain. Schedule an appointment today to learn more about the right shoes for healthy feet!

Sources: [https://www.physio-pedia.com/Foot\\_Pain](https://www.physio-pedia.com/Foot_Pain)

