

10

COMMON
CAUSES
OF
Foot Pain



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Nagy Footcare
WE PUT YOUR FEET FIRST.

10 Common Causes of Foot Pain

You may be a runner, a walker, a high heel wearer, an athlete, or just an average joe with foot pain that has impacted your life.

The real question is, do you know what is causing the pain?

Whether your foot pain is mild or intolerable, visible or internal, there are 10 common culprits that may be the instigator. If you have foot pain that is preventing you from activities you love, affecting your lifestyle, mood, or comfort level, it is time to start searching for a solution. As you investigate, you may consider reaching out to your local podiatrist, who can diagnosis your pain, help you find suitable treatment options and guide you through the recovery process.

Researching the cause of your pain is the right place to start. After all, every journey begins with a single step.

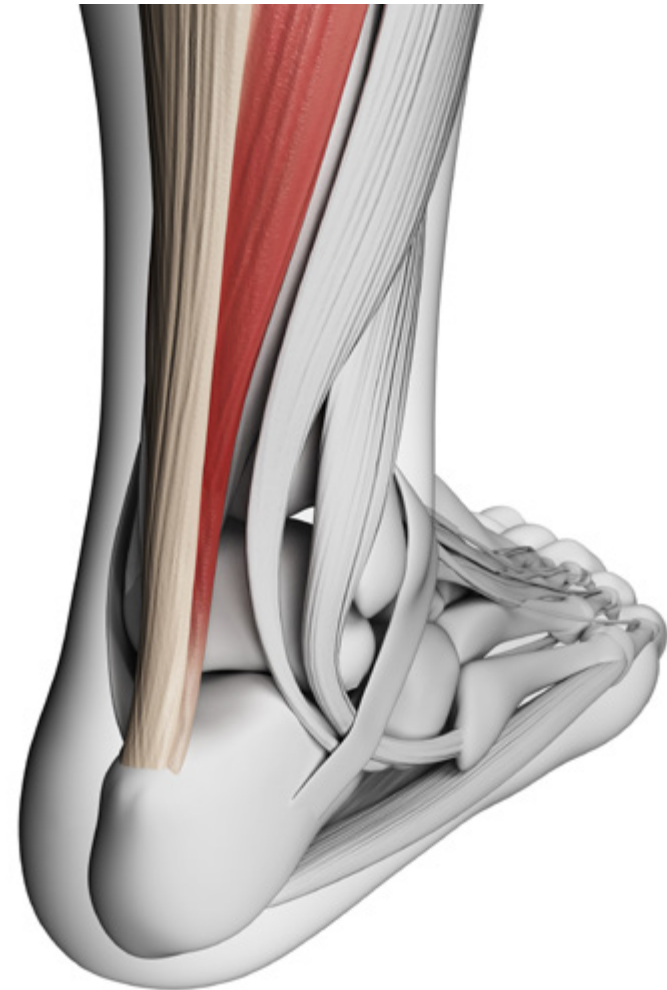


1. Achilles Tendonitis

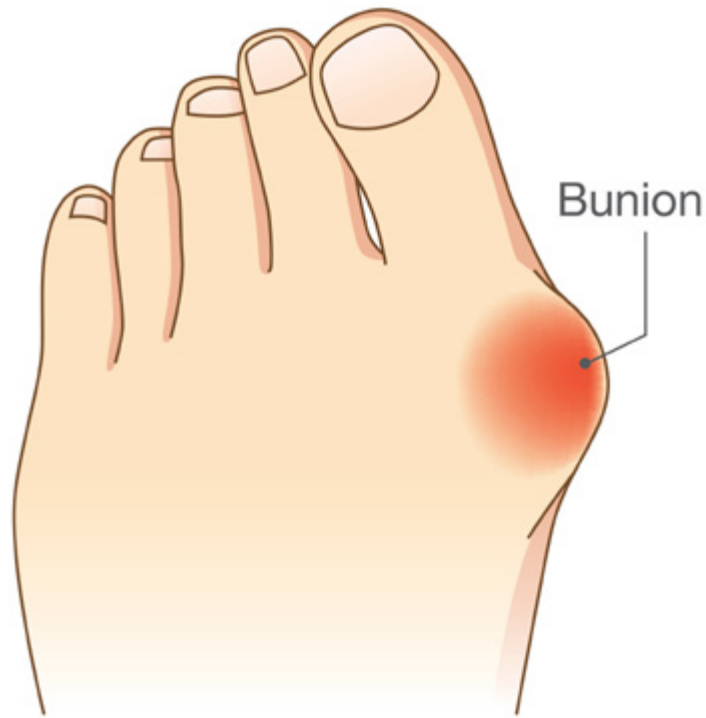
Do you have a dull ache in the back of the leg or above the heel?

Achilles tendonitis is caused by overuse and injury to the Achilles tendon, the band of tissue that connects the calf muscles at the back of the lower leg to the heel bone. The pain begins as a dull ache in the back of the leg or above the heel.

It is not recommended to play the hero and push through the pain, especially because your symptoms will only become more severe over time and could put you at risk for lasting damage. Don't let Achilles tendonitis be your downfall. If you experience these symptoms, consult a podiatrist.



2. Bunions



Do you have a painful bump on the side of your big toe?

A **bunion** is a bone deformity, visible on the base of your big toe. It forms on the joint and is caused by your big toe pushing up against your other toes, forcing the big toe joint in the opposite direction. It's caused by foot biomechanics that are inherited from your family. Sometimes a bunion is harmless, but it often becomes a major foot problem and can be very painful.

Bunion pain worsens if you consistently wear narrow shoes that aggravate the condition, like high heels. Because of the difference in footwear styles, bunion pain is far more common in women than in men. So, if you are a shoe shopping connoisseur, a business woman, a fashionista in the workplace, or just love to wear high heels, and you experience visible pain in the form of a bump on your big toe, you may value the help of a podiatrist.

3. Corns & Calluses

Do you have a buildup of hardened skin on your foot, heel or toes?

Corns and calluses form a patch of hard, thickened skin on the foot, heel, or toes in response to repeated pressure or friction due to poor weight bearing while walking. The subtle difference between the two is where they're located on your feet. Calluses generally form on the soles of the feet, while corns are smaller and form on the toes. They are caused by improperly fitted shoes, constantly walking barefoot, bony feet that lack cushioning, poor weight distribution, wearing shoes without socks, or toes rubbing against one another.

Pain resulting from corns and calluses can be distracting, worrisome, and even be severe enough to interrupt your daily routine. Make sure to look carefully at irregularities on your feet and be sure to consult with your podiatrist in a timely manner if you suspect a corn or callus forming.



4. Dropped Metatarsal



Do you feel a dull ache or pain in the ball of your foot?

The metatarsals are a group of five long bones located in the middle of your foot. A **dropped metatarsal** is when the head of one of the bones lies at a lower level than the surrounding metatarsals, and protrudes from the bottom of the foot. It can be caused by faulty foot structure or a fracture that didn't heal correctly. It's also known as "ball of foot pain" that feels like a dull ache and is made worse by long periods of standing or physical activity.

5. Hammertoes

Do you have an abnormal bend in your toe that causes you pain?

Whether it's work boots or high heels that jam your toe into uncomfortable and unnatural positions, you may be at risk for hammertoe. If you can imagine how a person's foot is structured, a hammer-like shape belongs nowhere near the blue print.

Hammertoes are exactly what they sound like - an abnormal bend in the toe that causes the toe to resemble a hammer, mallet or claw. The pain or pressure caused by these conditions can often be felt just by moving your toe and is often related to improper footwear that causes your toes to be forced against the front of your shoe.

The first step with hammertoes is to sort out the source of your discomfort and avoid wearing the shoes you think may be exacerbating your pain. Next, consult a podiatrist for corrective treatment options.



6. Heel Pain



Are you experiencing pain on the back of your heel?

Heel pain is most commonly felt on the back of your heel, often caused by plantar fasciitis, Achilles tendonitis, or can be the result of a heel spur.

Plantar fasciitis heel pain can occur when the plantar fascia is torn, irritated, and inflamed due to extra stress from running or because you have a faulty foot structure.

A heel spur is a calcium deposit on the underside of the heel bone. Pain can occur in your heel, caused by both the way you walk, and how your feet adjust to bear your weight. Heel spurs generally are caused by a problem with the plantar fascia ligament.

If these symptoms and descriptions sound painfully familiar to you, don't worry, there are ways your podiatrist can help address your heel pain and get you back on your feet in no time.

7. Ingrown Toenail

Have you ever cut your toenails, and accidentally taken off way too much? Are you feeling throbbing pain in your toe as a result?

You could unfortunately be experiencing an ingrown toenail.

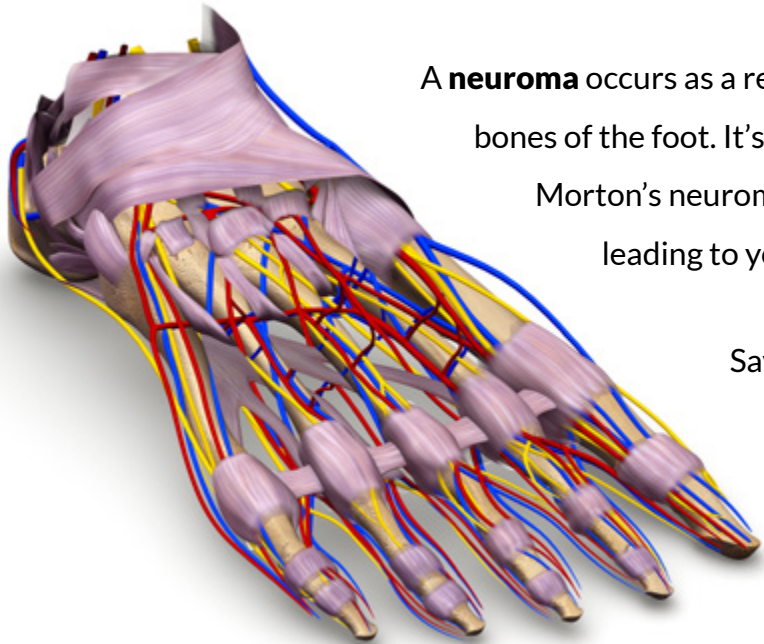
An **ingrown toenail** occurs when one of your toenails begins to grow into the corner or side of the skin on your toe. It's caused by shoes that don't fit correctly, improper nail trimming, injury to the toenail, and sometimes poor foot structure. An ingrown toenail can be painful and feel like a constant throbbing, especially if it's left untreated and becomes infected.



8. Morton's Neuroma

Do you constantly feel pain between your third and fourth toes?

You are probably just as busy as the next person, and the last thing you need is a neuroma on your foot, wreaking havoc on your productivity.



A **neuroma** occurs as a result of the nerve being bound down by a ligament that runs between the long bones of the foot. It's caused by weight bearing issues that irritate and thicken the nerve itself. Morton's neuroma affects the ball of your foot and is caused by a thickening of the nerve leading to your toes. Pain is most commonly felt between your third and fourth toes.

Say no to neuromas, and check with your podiatrists right away for diagnosis and treatment.

9. Overpronation

Do you experience pain in your foot that has led to increased pain in your leg, knee, thigh or back? Are you a runner?

Imagine how far you might walk in day, a year, in your lifetime. Triple this if you're a runner.

Although running has many great health benefits, it does produce a lot of wear and tear on your feet. Commonly found among runners, **overpronation** occurs when you're walking or running, and your foot rolls inward and the arch of the foot flattens. It's a common occurrence, but when it is excessive it can lead to pain and injuries in the foot, lower leg, knee, thigh, or back, especially in runners.

Especially if you love running, hate to be off your feet, and enjoy your active lifestyle, it is best to be proactive about your foot pain as it could be a case of overpronation. The good news is that there are treatment options available that are designed for a quick recovery time.



10. Plantar Fasciitis



Do you feel pain in your heel when you step down first thing in the morning, or when you're exercising?

It's common knowledge that anything that ends in "iitis" can't be a good sign. When it comes to your feet, plantar fasciitis causes pain in your heel and resolutely up through your foot.

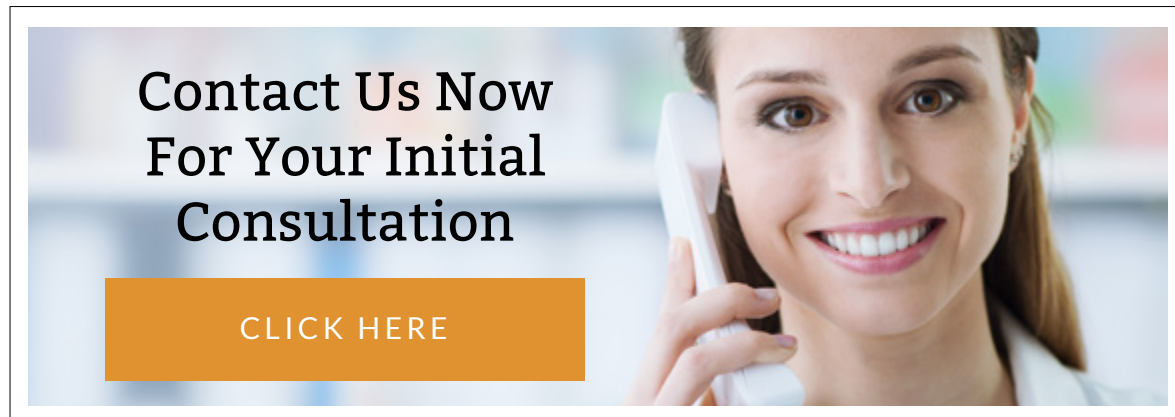
The plantar fascia is a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes. When it becomes painful and inflamed it's called **plantar fasciitis**. It's a common cause of foot pain that feels like a stabbing pain. It usually occurs when you first step on your feet in the morning or when you're exercising. Plantar fasciitis is often experienced due to activities that place a lot of stress on the foot, faulty foot structure, foot injury, obesity, or standing on your feet for prolonged periods of time.

Say Goodbye to Your Foot Pain

Do you identify with one of the causes of foot pain outlined above? If so, do you want the good news or the bad news first?

The Bad News: If you delay finding treatment for your foot pain, the symptoms won't heal on their own, and will only worsen over time. It's important to remember that your feet have to carry you a long way, and should be cared for with priority for your overall health.

The Good News: There is light at the end of your foot pain tunnel. Learn about quick and easy treatment options by contacting Nagy Footcare today!



Dr. Brian Nagy specializes in podiatric care for all kinds of foot pain and offers advanced treatment options with quick recovery time. Specializing in HyProCure® and minimally invasive surgery, Dr. Nagy will assist you every step of the way toward recovery from your foot pain. Nagy Footcare welcomes you to begin your journey to a pain free lifestyle. We offer helpful and caring service, friendly smiles, and state of the art treatment options. At Nagy Footcare, our best day is the day you wake up with no foot pain.