



5 REASONS

Runners

Shouldn't Ignore their

Foot Pain



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Nagy Footcare
WE PUT YOUR FEET FIRST.

5 Reasons Runners Shouldn't Ignore Their Foot Pain



Whether you run for the workout, the challenge, for charity, or for love, it starts with a step. Your feet hit the ground and you're off. And no matter what you run for, every runner knows that foot health comes first.

Foot pain can be an inevitable side effect for runners, signs your body is giving you that should not be ignored. If you experience foot pain and running plays an important role in your life, the following information will help you gain a deeper understanding of why it is best to be proactive about your feet.

Most importantly, you'll learn that there are safe, effective treatment options available to correct your foot pain so that you can cross that finish line, jog with friends, stay healthy, enjoy running and get back on your feet.

How Far a Runner's Feet Will Take Them

The average moderately active person takes around [7,500 steps per day](#). If you maintain that daily average and live until 80 years of age, you'll have walked about 216,262,500 steps in your lifetime. This is the equivalent of walking 110,000 miles, or the distance of 5 times around the Earth on the equator.

To put this in perspective, imagine how much farther a runner's feet will take them in a lifetime, how much more wear and tear this causes on a person's body. It's no surprise foot pain is so common, especially among runners. Step after step, mile after mile, your feet take the blunt of impact trauma as you run. Whether you run marathons or jog lightly in the park, to maintain your active lifestyle you'll need to take good care of your feet.

Many runners who experience foot pain often ignore signs of serious issues and instead push through the pain. Here are five of the most important reasons to take immediate action instead of ignoring your foot pain:

1. The pain and severity will only get worse
2. Your symptoms could mean Plantar Fasciitis (heel pain)
3. Your pain could be a case of overpronation that could lead to many other serious health problems, such as knee, hip, neck and back pain
4. It may be an underlying injury that could have lasting effects
5. There are easy treatment options with quick recovery time, such as HyProCure® and minimally invasive surgery



Reason #1: The Pain & Severity Will Only Get Worse



Whether it is before, during or after your run that you feel foot pain, it is crucial to be proactive about acknowledging the signs and understanding that it's never too late to find or start treatment. The longer you wait to find out what is causing your foot pain, the more severe the pain and lasting damage becomes. Just like any injury, the condition of your feet will worsen with time and extra stress, especially if you continue to run.

If you identify as one of 3 out of 4 Americans who experience serious foot problems and neglect their pain due to fear of treatment, we invite you to see past the stigma. Rather than ignoring your foot pain and increasing chances of permanent damage, you may consider researching your options a bit further. Follow along below for an insight into common causes and treatments for your foot pain.

Reason #2: Your Symptoms Could Mean Plantar Fasciitis

Don't ignore the warning signs:

As soon as you woke up this morning and your feet hit the floor, you felt a sharp burning pain on the bottom of your foot. As you ran along your favorite path through the park, instead of enjoying the pleasant summer afternoon, you couldn't help but notice the sharp pain in your heel. It started bothering you quite a while ago, but you are committed to your running and just decided to push through the warning signs. Now, you're consistently bothered, enough so to seek advice on possible treatment. Every time your heel hits the ground, it feels like you're stepping on a nail. You just want to get back to pain free running, but aren't sure where to start.

Educate yourself on symptoms:

If you are experiencing heel pain while running, you could have **plantar fasciitis**.

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. Picture this tissue as a trampoline that supports your foot and bounces you along the ground as you run. Plantar fasciitis is caused when there is a problem with this part of your foot structure. Pain can occur when the area is torn, irritated, and inflamed due to extra stress from running or because you have a faulty foot structure.

See an expert:

If this scenario feels familiar, or your foot pain symptoms match this description, you may consider scheduling a consultation with a podiatrist to review your treatment options, ask questions, and learn more about plantar fasciitis. The longer you wait, the worse it can become, and you risk developing a chronic problem that is more difficult to treat over time. The first step to correcting your foot pain is diagnosing and exploring treatments that work for you.



Reason #3: You May Have a Case of Overpronation

Trust us, we aren't just using big words to intimidate you.



As a serious foot pain condition often experienced by runners, overpronation is especially important to address early as it can lead to other serious foot and health problems.

Running and pain often go hand in hand, and chances are that if you run, you have felt pain in your feet, knees, hips, back or even neck. Every time one of your feet hits the ground, your body adjusts to absorb the shock. The way your foot moves to accommodate the ground contour is known as pronation.

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.

The root cause of overpronation is misalignment of the feet. Misalignment of the bones in the feet can cause a myriad of foot conditions that can have a devastating impact on your life such as hammertoes, bunions, heel pain, and other issues, which can be debilitating and often cause a person to dramatically reduce their level of activity.

Reason #4: Your Pain Could Be from an Underlying Injury

More often than not, if you enjoy running, you support an active lifestyle that can make you more prone to injury. Whether that means you are a mountain biking, triathlon loving adrenaline junky, or a laidback yoga guru, any foot injury you sustain could be exacerbated by running.

If you're experiencing foot pain, it could be from an underlying injury that could have lasting effects, and the longer you wait to get professional treatment, the more damaging the outcome may be.

You could have foot pain from a previous sprain, strain, fracture, or case of tendonitis. For example, if you broke a bone or tore a ligament in the past, it increases your chance of developing arthritis 15 to 20 years down the line. The sooner you seek care, the better chance you have for a full recovery. You may consider seeking a consultation with a podiatrist for your underlying injury in order to root out the cause of your pain and address the steps needed to move forward.

Running for many people is an outlet that develops into a passion and lifestyle. To maintain the fulfillment you get from running, don't ignore your foot pain.



Reason #5: There Are Easy Treatment Options with Quick Recovery Time



The most important reason for runners not to ignore their foot pain is that podiatry now offers easy treatment options, minimally invasive procedures, and quick recovery time. Runners often ignore warning signs and push through their pain because they either fear painful procedures or being put off their feet for an extensive healing process. The following options demonstrate just how easy and pain free your treatment and recovery can be.

HyProCure®:

As a relatively new treatment HyProCure® is fast becoming known among the world of foot pain because it is so effective. The treatment design is especially suited for runners and people with active lifestyles because it offers a long-lasting solution at minimal physical and emotional cost to the patient.

HyProCure® treatment uses a minimally invasive technique by placing a stent in the small space between the ankle bone and heel bone to stabilize the ankle and keep it from rolling inward. This stops or decreases the abnormal, excessive motion of the ankle that creates pain in the foot and secondary problems in the rest of the body that resulted from the misalignment of the ankle.

What you can expect:

- Simple and quick outpatient procedure
- There is no screwing or drilling involved in the process
- Little to no pain experienced during the procedure
- Patients are mobile in a walking boot for 2 weeks post procedure

If this treatment procedure sounds good to you, make sure your local podiatrist is a qualified HyProCure® surgeon if they provide this service.



Minimally Invasive Surgery:



A minimally invasive approach means that your doctor performs the surgery in the least intrusive way possible, by making a very small incision in the foot, sometimes even the size of pinprick. It's an outpatient procedure that uses small instruments, similar to what a jeweler would use.

What you can expect:

- Less bleeding than traditional foot surgery
- Low amount of local anesthesia used
- Minimal pain
- Minimal scarring
- A quick recovery time

Recovery time depends on your unique situation and condition. There is always a period of rehabilitation after a surgery, but generally speaking patients are usually back to their daily activities in a few weeks, wearing closed-toed shoes again in a month, and make a full-recovery anywhere from 2 to 6 months, depending on the severity of their foot problem.

So, whether you're training for a marathon or just looking to stay healthy and get back on your feet, we invite you to seriously consider the advancements in modern podiatric care. Whether your foot pain can be treated conservatively or with a minimally invasive procedure, both have quick recovery time and offer runners the chance to get back on their feet quickly and safely.

Cross the Finish Line with Nagy Footcare!

Hang in there, you're in the 25th mile of that foot pain marathon and you're about to cross the finish line into a full recovery.

Take the next step forward towards victory and sign up for an initial consultation today. The helpful staff at Nagy Footcare specialize in helping runners pursue their passion by providing dedicated and effective services suited for their lifestyle. Dr. Brian Nagy, an athlete himself, specializes in HyProCure® treatment and minimally invasive surgery and has dedicated his professional career to helping people recover from foot pain. At Nagy Footcare, we put your feet first.



Contact Us Now
For Your Initial
Consultation

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