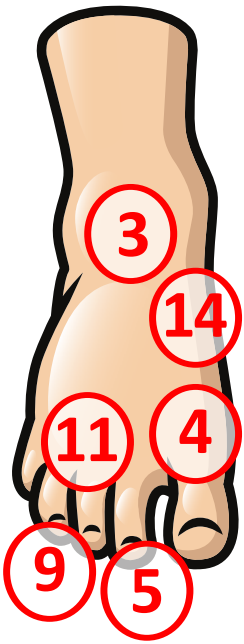


# FOOT CONDITIONS

## Foot pain - Location and condition finder



**1 Achilles tendonitis:** burning, shooting or piercing pain in the Achilles tendon that is often caused by over-pronation whilst walking. Stretching exercises will help. Orthotics may prevent recurrence.

**2 Arch Pain/ Arch Strain:** Inflammation in the arch of the foot most often caused by the condition plantar fasciitis. Stretching of the fibrous tissue (the plantar fascia) on the bottom of the foot causes pain in the arch and is usually caused by over-pronation. Stretching exercises will help. Avoid high heels and wear supportive footwear or orthotics with a medial heel post.

**3 Arthritis:** Erosion of the cartilage and lining of the joints causing pain and stiffness especially around the ankle. Arthritis can also cause a multitude of forefoot problems such as claw toes, mallet toes, hammer toes and bunions. Orthotics and footwear with rocker soles may reduce pressure and pain.

**4 Bunions:** A prominent bump on the inside of the foot caused by a misalignment of the bones of the big toe or a smaller bump on the outside of the foot (a bunionette) caused by the same in the little toe. Bunions can be very painful and often lead to the patient walking incorrectly. Shoes with a wide toe area and an arch support to align the bones better may help.

**5 Claw Toe:** Ligaments and tendons have tightened causing the toe to curl downwards by contracting at the middle and end joints. The condition causes pain at the top part of the toe that rubs on the top of the shoe and the end of the toe that is pressed into the bottom of the shoe. Footwear with a high, wide toe area may help.

**6 Hammer Toe:** Ligaments and tendons have tightened causing the toe to curl downwards by contracting at the middle joint. The condition causes pain at the top part of the toe that rubs on the top of the shoe. Footwear with a high, wide toe area may help.

**7 Heel Pain:** Extreme discomfort in the heel of the foot can be caused by too much pressure being repeatedly put on one area of the heel because of insufficient padding in the heel of shoes. A Gel support may help.

**8 Heel Spurs:** An abnormal growth in the heel bone caused by the plantar fascia (fibrous tissue on the bottom of the foot) pulling away from the heel. It develops often as a result of over pronation but also occurs in people with unusually high arches. Wearing of orthotics and footwear with correct arch support and heel height may help.

**9 Mallet Toe:** The last joint of the toe is unable to straighten leading to pain at the top of the toe where it rubs on the shoe and pressure and discomfort from where the bent toe pushes against the bottom of the shoe. Shoes with a high and broad toe area, gel toe shields, gel toe caps and toe crests may help.

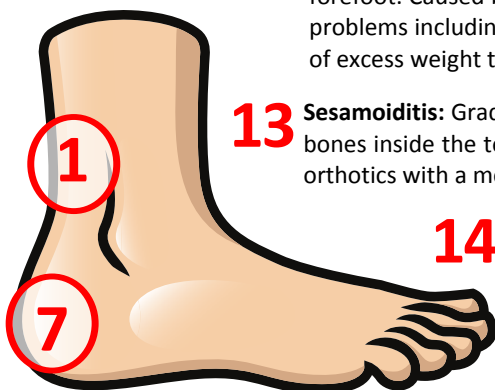
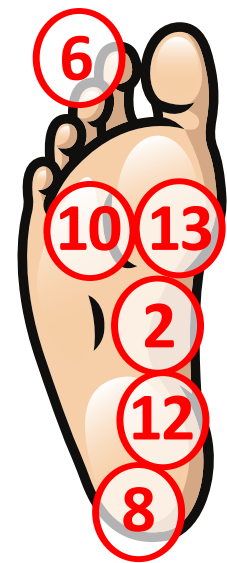
**10 Metatarsalgia:** Pain in the area just before the toes (metatarsal region). Metatarsalgia is caused by too much pressure over an extended period of time often from restrictive or ill fitting footwear or from participating in high impact activities without appropriate shoes. There may be thickening of the skin in this area. Comfort footwear and orthotics with metatarsal pad may help.

**11 Morton's Neuroma:** Inflammation at ball of the foot between the 3rd and 4th toes causing pain, swelling and even aggravation of a nerve leading to loss of sensation or tingling in the foot. Often a result of restrictive or ill fitting footwear, Morton's Neuroma is treated with footwear with a high, broad toe area and orthotics with a metatarsal pad to relieve pressure.

**12 Plantar Fasciitis:** Excessive stretching of the plantar fascia- a fibrous tissue that runs from the heel to the forefoot. Caused by a number of issues, most commonly over-pronation, plantar fasciitis can lead to several problems including arch pain, heel pain and heel spurs. Treatments range from stretching exercises and loss of excess weight to supportive footwear and orthotics.

**13 Sesamoiditis:** Gradual-onset pain on the inner side of the ball of the foot caused by inflammation in the tiny bones inside the tendons of the foot. A period of rest from aggravating activity is essential for recovery and orthotics with a metatarsal pad or a metatarsal cushion is recommended.

**14 Post-Tib tendonitis:** strain on the tendon that runs along the inside of the foot and ankle causing tendon dysfunction and pain whilst weight bearing. Tendonitis leads to over-pronation which can cause a number of problems including heel and arch pain, plantar fasciitis and heel spurs. Treatments include staying off your feet for a few days to give the tissues in your foot time to heal and wearing arch-supporting shoes and orthotics made of cushioning, shock absorbent materials.





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