

We Can Help You



**PEDIATRIC
FOOT PROBLEMS**



**TOENAIL
CONDITIONS**



**WOMEN'S
FOOT CARE**



BONE SPURS



FOOT & ANKLE PAIN



BUNIONS

SERVICES

- BUNIONS
- DIABETIC FOOT CARE
- FLAT FEET
- HAMMERTOES
- HEEL PAIN
- FOOT & ANKLE PAIN
- SENIOR FOOT CARE
- TOENAIL CONDITIONS
- BONE SPURS
- CHILDREN'S FOOT CARE

DO YOU SUFFER FROM

ARCH PAIN

CAUSES, TREATMENTS, PREVENTION

757-934-0768
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1Foot 2Foot Presents

ARCH PAIN

what is arch pain and how is it diagnosed?

WHAT IS ARCH PAIN?

Arch pain is a common foot concern. The arch of the foot helps to bear weight, create balance, and stabilize movement. The most common causes of pain in the arch of the foot are injury or structural issues with the foot, such as flatfoot. Other factors can aggravate arch pain. Weight gain and overuse from standing for long periods of time are common causes of arch pain. Pain typically manifests as aching, sharp pains in the arch, cramping, or a throbbing sensation.



HOW IS ARCH PAIN DIAGNOSED?

Occasional pain in the arch may be relieved by stretching and rest. If pain persists for more than a couple of weeks, it's time to have your arch pain evaluated by a professional. Your podiatrist will perform an examination to determine the underlying cause of your arch pain. The exam will include checking for inflammation, swelling, or tenderness, as well as noting any physical deformities of the foot. An X-Ray and/or ultrasound evaluation may be performed on-site during your visit to directly see your problem areas. Once the cause of your pain is determined, your podiatrist will create a treatment plan to target the underlying cause and alleviate your pain.

CAUSES OF ARCH PAIN

common causes of arch pain

PLANTAR FASCIITIS

Although it most often causes heel pain, Plantar Fasciitis can cause localized pain in the arch of the foot. This pain is often found in patients with either very high arched or very low arched feet and is localized to the arch. This can also lead to a lump forming on the arch, known as a Plantar Fibroma.

PINCHED NERVE

A nerve just below the ankle (Tarsal Tunnel) or a nerve on top of the foot can get pinched causing pain that radiates toward the arch and can extend to the toes. This pain is often described as tingling or burning and can be felt even when sitting or laying down, unlike pain from a tendon, ligament, or bone.

ARTHRITIS

Arthritis is caused by normal wear and tear, an autoimmune disorder or injury. Pain is often described as aching or throbbing on top of the foot made worse by pressure from some shoes.

SPRAINS

Sprains are an injury of the ligaments that keep a joint stable. Arch sprains in particular can cause long-term pain without proper treatment.

TENDONITIS

Tendonitis is caused when the tendons that attach to the bones near the arch of the foot become strained, causing pain while walking. Individuals with flat feet are more prone to this injury.

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HOW TO TREAT ARCH PAIN

professional intervention will get you fast relief

TREATING ARCH PAIN

Once the underlying cause of your arch pain has been determined, your podiatrist will develop an appropriate treatment plan that may include the following:

- Modification of activity type and level
- Medical-grade arch supports or custom orthotics
- Braces, splints or casts
- Prescription medications
- Steroid or amniotic injections
- At-home exercises or physical therapy
- Shockwave or laser therapy
- Surgical intervention

RECOVERY

Recovery time will depend on the source of your arch pain and following an appropriate treatment program. Your doctor will be able to provide you with an estimated recovery time.

AT HOME TREATMENTS FOR ARCH PAIN

You may be able to find some relief with home care. Try the following:

REST

Take a break from activities that aggravate your arch pain. Running and many sports can cause pain, so take a break for a few days to heal.

ICE

You may find some relief icing your foot. Apply ice for 10-15 minutes to the affected area. Take care to make sure that the ice pack does not directly contact the skin.

STRETCH

Your podiatrist can provide you with different stretching exercises that can help relieve pain. These typically involve stretching both the feet and calf muscles.

PROPER FOOTWEAR

Avoid going barefoot, and choose footwear that provides arch support. Adding insoles to existing footwear may also be beneficial.

OVER THE COUNTER MEDICATION

NSAID pain medications can reduce inflammation and pain. Check with your doctor before using OTC medications to ensure that there are no interactions with your current medications.



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ARCH PAIN PREVENTION

tips for staying pain-free

Preventing arch pain is possible with a few tips.

WARM UP

Warm up properly before exercising. Your podiatrist can show you stretches for the fascia and tendons that can help prevent injury and reinjury.

PROPER FOOTWEAR

Wear shoes that fit properly and provide good arch support. You can also purchase insoles that provide additional support. Such insoles are best obtained from your podiatrist.

WEIGHT

Maintaining a healthy weight takes pressure off your feet and prevents extra strain to your arches.

TAKE YOUR TIME

Pace yourself during exercises to prevent injury and rest when needed.

Do You Suffer From Arch Pain?

BOOK AN APPOINTMENT TODAY!

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