FAST FACTS: Foot Pain

The foot is an extremely complex structure made up of 26 bones, 33 joints, 19 muscles, 107 ligaments plus nerves, blood vessels, and connective tissue.

✓ **Causes of Foot Pain**
  - Injuries: sprains, strains, bruises, and fractures
  - Diseases: diabetes, Hansen disease, or peripheral vascular disease
  - Infections: bacterial, viral, or fungal
  - Inflammations: gout, bony outgrowths on the heel, plantar fasciitis, or arthritis
  - Structural problems: ingrown toenails

✓ **Possible Interventions**
  - Treatment will depend on the cause of the pain and may involve medication for infectious causes or to relieve inflammation, strengthening, stretching, and possibly physical therapy.
  - Non-Drug Treatments (for minor pain).
    - Rest and/or elevation of the limb
    - Ice to affected area
    - Compression
  - Over the counter medications (for minor pain).
    - Acetaminophen
    - Ibuprofen

✓ **Prevention**
  - Encourage mobility, good hygiene, and weight loss if appropriate.
  - Routine foot care including nail trimming.

✓ **What Else You Should Do**
  - Write down and share information about your loved one’s pain with their healthcare provider.
  - Use a [Pain Diary](#) to note important information useful to the healthcare provider.
  - Encourage your loved one to try a non-drug treatment and document the impact on their pain in their Pain Diary.

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**References**
