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 pain with your healthcare provider.
- Use a Pain Diary to note important information useful to the healthcare provider.
- Try a non-drug treatment and document the impact on your pain in your Pain Diary.

References


Revised January 2022