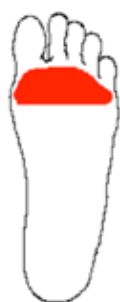


The aim of this leaflet is to give you some understanding of the problems you have with your foot, and to provide some advice on how to manage this. It should be used in conjunction with the information given by your healthcare professional.

## What are possible causes of pain in this area?

One of the main causes of pain in this area is footwear. Research suggests that there is a high association between ill fitting footwear and foot pain with up to 6 out of 10 people (60%) associating pain with shoes they have worn.

Being overweight has also been shown to contribute as has spending long periods of time standing or walking - whether at work or in activities. Finally, tightness or weakness in specific muscles will add to the pressure at certain areas and may well be an issue that needs addressed along with footwear and weight. Some specific long term conditions, for example Rheumatoid Arthritis, can also cause pain around this area.



## What are the possible symptoms?

- Sharp or burning feeling in the area highlighted above
- Feeling like walking on a stone or marble
- There may be some numbness or odd sensation
- Difficulty finding comfortable shoes
- Difficulty or pain when walking long distances, or standing for long periods of time.

## What tests may be done?

In the majority of cases of forefoot pain, we do not need an x ray or any other tests to confirm what is wrong. The main way to diagnose this problem is through what you tell us and examining your foot. Sometimes, however, we may refer you for further investigations to rule out specific problems.

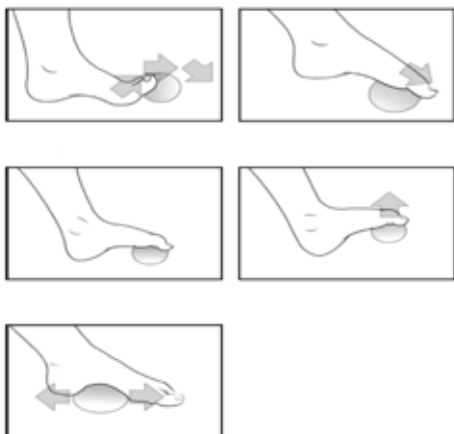
## What can you do to help this problem?

- Aim for a healthy body weight.
- Wear appropriate footwear. You should try to wear wide shoes with a low heel that fit you comfortably. Avoid wearing high heeled, narrow or tight shoes as this will make your pain worse.
- Follow the advice from your community pharmacist or other healthcare professional about taking medication. It is important to take medication regularly.
- Follow the exercises in this leaflet.
- Rest and massage the feet when they become painful as this will relax the muscles around the nerves and joints.

## Exercises

### Therapy Ball Exercises

Perform each exercise 10 – 15 times and repeat 2 – 3 times per day.



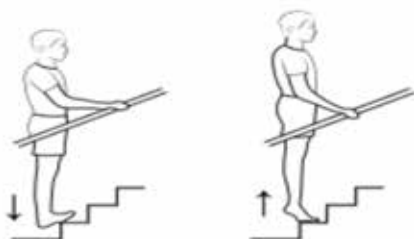
### Doming Exercise

- Place your foot flat on the ground, gently press your big toe into the ground, but be careful not to claw it.
- Keeping your heel in place, raise your arch upwards and hold for 2 seconds.
- Repeat 15 times.



It is important to do these exercises only to the level which you feel comfortable, they can cause some different feelings in your feet and legs but this should only last for a short period of time. If you have any questions, please ask a health professional.

## Stretching Exercises



### Exercise 1

Use a towel wrapped around the ball of your foot and pull your foot towards you until you feel a stretch. Hold for 30 seconds and repeat up to 10 times.

### Exercise 2

Stand with affected leg behind the other leg, keeping the heel down on the floor and the knee straight.

Lean forward bending the front knee forward until you feel a stretch in your calf and Achilles tendon (ankle area).

Hold for 30 seconds and repeat 10 times.

### Exercise 3

Repeat an exercise 2 but with knee of affected leg slightly bent.

### Exercise 4

Stand at the edge of a step, slowly raise onto your toe then slowly lower your heel towards the ground.

Repeat for 3 sets of 15 repetitions.

If this feels too difficult, or you feel off balance, try similar exercises from a sitting position.