

4

Biggest Mistakes To Avoid

If you have Foot Pain

By



----AND WHAT TO DO INSTEAD----

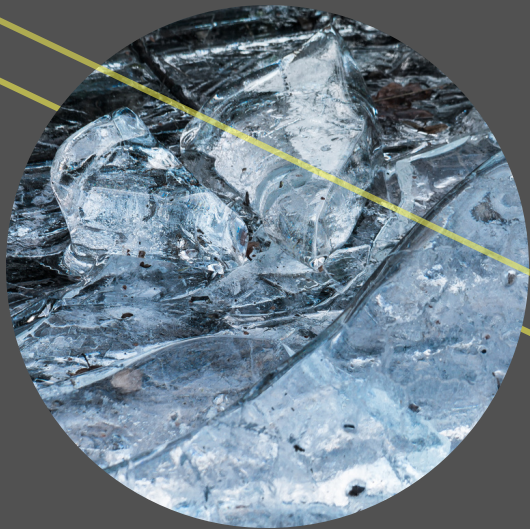


YOU THINK YOUR PAIN IS NOT BAD ENOUGH TO DO ANYTHING YET...

Pain often occurs at the later stage of a problem

YOU FEEL RELIEF IN HEELS

Or are you doing more damage?



ICING HELPS WITH PAIN

But does it help with healing?

"MY FEET ARE FINE BECAUSE I GOT ORTHOTICS"

Or is there more can be done to optimize your foot and leg function when you're not wearing orthotics?



4 Biggest Mistakes To Avoid If You Have Foot Pain

AND WHAT TO DO INSTEAD

If you have chronic or recurring foot pain for over 3 months, or pain that has been happening on and off for the last few months or years, you are not alone.

Most of us would experience some sort of foot pain at some point in our lives. In fact, a recent survey of 1,000 adults ages 18 and older, found that the majority of people say they have experienced foot pain (77 percent!), only a third of them would seek for expert care by a podiatrist.

Foot pain can have a profound impact on your quality of life. More than half of adults worldwide say that foot pain has restricted their sports activities and lifestyle. For some chronic pain sufferers, every morning is a struggle as they wake up with sore feet. For others, trying to maintain a healthy weight is a challenge when their foot pain gets in their way.

Hi, we are Mark and Wei from Footwork Podiatry. We specialise in the diagnosis, management, and prevention of pain and injuries in the lower limb.



Our corrective care approach and advanced treatment techniques have helped thousands of people with foot pain to reclaim their health.

We believe health is the greatest wealth anyone can have, and looking after the feet is the key to maintaining active healthy living and quality of life for as long as possible.

We have helped our clients to get on top of their foot pain and enable them to get back to doing what they love. Imagine being able to play golf at the weekends, walk the dog, wear your favorite shoes, run with your kids, or do your shopping without worrying about sore feet! Simple pleasures in life can be achieved again without foot pain.



"Many of us take better care of our automobiles than we do our own bodies...yet the auto has replaceable parts."

-BJ PALMER

Our feet are like the wheels on our car. If you only have one set of wheels for your entire life, it would make sense to avoid costly mistakes that could potentially cause permanent damage to them, wouldn't it?

With over two decades of combined experience specialising in foot pain and injury treatment, we've seen four common mistakes most people make when suffering from foot pain that could cause irreversible damage to the body. They could also lead to increased time, effort and medical expense to eventually resolve a problem that could have been avoided in the first place. This is why we have created this guide to help you avoid these costly mistakes so that you can stay on top of your foot health and enjoy being active on your feet for as long as possible

Walk strong, Walk healthy, Walk forward

THE 4 BIGGEST MISTAKES

#1 : YOU THINK YOUR FOOT PAIN IS NOT BAD ENOUGH TO DO ANYTHING ABOUT IT YET...



Quite often, symptoms only appear towards the later stage of a problem. In most cases, some degree of irreversible damage has likely occurred by the time you experience pain. Pain is a sign showing your body has already compensated enough for a problem and is trying to tell you to do something about it.

Therefore, don't ignore the symptoms from your feet and legs. Common symptoms such as morning foot stiffness, general foot aches, calf tightness or tightness under the arch often get overlooked as they do not normally stop you from doing anything (yet). However, bigger damage often starts from these symptoms.

"Growing pain" in children should be considered in the same way. Children may grow out of their foot pain as they age but there may be lifelong or future problems as their growing bones and muscles adapt to an inefficient way of functioning. Pain is a gift so that we know there is something wrong with the body. It's like the warning lights in your car would flash for a while before it breaks down.


So, stop ignoring pain, listen to your body and get your feet assessed even you're only experiencing minor symptoms. There is always something can be done to optimise your foot function and prevent future problems.

#2 : YOU THINK YOU'RE BETTER IN HEELS

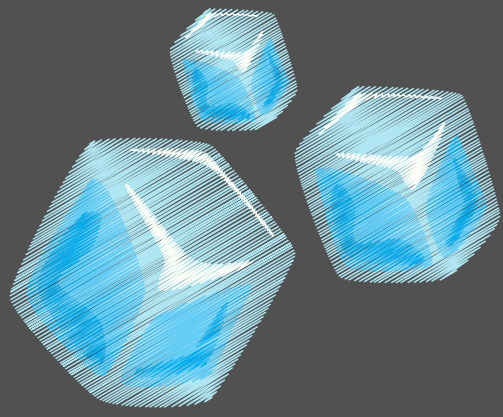
Sometimes, wearing high heels can ease arch, heel, ankle or calf pain. But most people have mistaken the symptomatic relief is good for their condition. Wearing heels reduce tension on different foot structures including the plantar fascia, but



could also cause adaptive shortening of the calf muscles and Achilles tendon, which will surely cause bigger lower limb problems down the track!

If you find yourself unable to wear flatter shoes because of foot pain, gradually transit to lower heeled shoes by alternating the shoes every second day, and do gentle calf stretches regularly. If you're not sure about how to perform calf stretches, Click [HERE](#) to message us for a FREE guide . You should always stretch the calf to minimise problems associated with wearing high heels.

#3 : YOU ICE YOUR PAIN ALL THE TIME.



Icing may be beneficial at the right time, usually after an acute injury/after activity. Icing reduces pain by temporarily reducing the swelling and inflammation that accompanies most acute injuries, but has a negligible effect on recovery. NOT ALL pain benefit from regular icing especially chronic pain.

Regular icing on chronic pain may reduce circulation to the problematic area and delay healing. Sometimes, applying gentle heat may be more beneficial to improve blood flow for better recovery. Other pain management options from your podiatrist should also be considered such as strapping and offloading the painful area. Laser therapy and shockwave therapy can provide immediate pain relief and provoke body's healing response. Most importantly, always look for rehabilitative and corrective treatment to treat the underlying cause of the problem whenever possible, instead of applying a band-aid approach by icing the pain all the time.

#4 : YOU OR YOUR THERAPIST THINK YOUR ONLY SOLUTION IS ORTHOTICS (SHOE INSERTS)

Orthotics are great to reduce compensations and abnormal forces to the feet. But your feet remain the same when you stop using them. Wearing orthotics alone DOES NOT correct the causes of the pain or any body's dysfunctions such as foot pronation, movement restriction, joint misalignment etc. We've many seek for our treatment when they get to a point where



they would struggle to walk for a short distance without orthotics because it would be too painful. That's one of the worst scenarios that could happen after being too reliant on orthotics for many years without seeking for an alternative solution. Rehabilitative exercises such as stretching and strengthening of arch, toe and leg muscles are always beneficial to most foot pain and injuries with or without wearing orthotics. [CLICK HERE](#) and type "foot exercises", and we will send evidence-based exercises to your inbox. When we combine corrective exercise with manual therapy techniques, we aim at improving and healing the body rather than just giving you the support in your shoes. In fact, if you've got orthotics but still in pain or the feet just don't feel right, our treatment approach may be the answer for you. See What We Do [HERE](#).

Which one of the mistakes above are you most guilty of?

Is it #1? Ignoring symptoms from your body and wait until the pain gets worse before taking action?

Is it #2? Wearing high heels to avoid the pain or despite have pain?

Are you #3? You keep masking the pain by icing it and not seeking for a real solution?

Or are you # 4? You think wearing orthotics is the only thing you can or need to do for your foot problem?

If your answer is “yes” to one or more of the above mistakes, then you are not alone. Early intervention is recommended if you want to avoid irrevisable damage to your body. The good news is, for requesting this guide you have the opportunity to get a FREE CASE REVIEW with the team at Footwork Podiatry.

[GIVE US A CALL](#)

This involves a 1 on 1 session with a sports podiatrist who specialises in foot pain and injury to identify your current issues and provides expert treatment advice to help you put a spring back in your step fast.



[DISCOVER MORE](#)

We are poised to work with people who value health as much as we do. Educating you on the importance of active, healthy living and how to look after your body to stay physically active is our mission. We have a multimodal and corrective treatment approach not only to eliminate pain but to address the underlying cause for long-term results

CLICK HERE if you're ready for a new perspective on your foot pain and want to feel at your best!

[BOOK AN APPOINTMENT](#)



**Change the way you walk,
Change the way you live.**



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