



Arch Pain

The term Arch Pain refers to an inflammation and/or burning sensation at the arch of the foot.

The arches of your feet help to absorb stress, as well as helping to stabilise your body when walking, standing and running, especially helping to adapt your feet to uneven or sloping surfaces.



Podiatry & Foot Healthcare

www.wefixfeet.co.uk

What causes Arch Pain?

Stress fractures are one cause of Arch Pain and may occur because of overuse injuries and the failure to have adequate equipment to protect your body. Certain fractures are more sports-specific. Runners are prone to stress fractures of the foot. Stress fractures of the tarsals and meta-tarsal bones are common in football players, or tennis and basketball players more often injure the navicular bone in the foot.

Poorly cushioned shoes can contribute to a stress fracture, as can training on excessively hard surfaces such as concrete.

Another cause of arch pain could be inflammation of the Plantar Fascia, known as Plantar Fasciitis. Please see our patient resource specifically on Plantar Fasciitis.

Treatment and Prevention of Arch Pain

Most stress fractures can be treated non-surgically. The basic principle is to rest and unload the foot of stresses to allow more healing than repetitive injury inflicts every day. In some patients, taking a break from exercise and minimising walking may be sufficient. However, in others, a surgical shoe or cast boot may help.

In general, if the patient is feeling better within 2-3 weeks of diagnosis, they are on the right path to recovery. It may take 2-3 months for complete recovery, with some patients taking even longer.

Whilst frustrating, rest of the injury is often the best option for the recovery of arch pain.

Arch supports in the form of prescribed insoles will assist in recovery process and may help prevent further injury.



www.wefixfeet.co.uk

The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician.

Please contact your nearest *We Fix Feet* clinic to book your consultation.