

AGONY OF DE FEET

We've all been there—our feet hurt from the wrong type of shoes, improper fit, constantly wearing heels or being overweight. This, that and all the other things can lead to long-term foot problems such as bunions, hammer toes, heel spurs and plantar fasciitis. Your foot is a complex system of bones, ligaments, nerves and muscles that work together to enable you to walk, run and do whatever it is that you enjoy. One wrong move can throw everything out of balance. So, what can you do now so that you don't have to suffer the Agony of de Feet later? What if you are already suffering? We've got the answers for your tired hoofers.

Hammer toe is a condition in which the toe bends, causing the middle joint to poke out. Tight-fitting shoes can worsen the condition, and a corn may often develop at the affected site.

Tip: Wearing shoes that will not aggravate the affected toe

Foot misalignments can occur when one of the five metatarsal bones are not aligned with the others. The misaligned bone will often cause pain in the forefoot during running.

Tip: Inserting a rubber pad in the shoe below the misaligned bone

Bunions are an enlargement of bone or tissue around the joint at the base of the big toe. The big toe may turn toward the second toe. The tissues around the joint may be swollen and tender. A bony bump at the base of the little toe is called a bunionette or tailor's bunion. The little toe also bends inward, and the joint swells or enlarges.

Tip: Wear comfortable, well-fitting footwear

Heel Spur is a growth on the bone of the heel where it attaches to the plantar fascia. Running, wearing ill-fitting shoes and being overweight can cause the body to build extra bone as a result of the stress, which causes a heel spur.

Tip: Rest your feet or apply ice packs

