

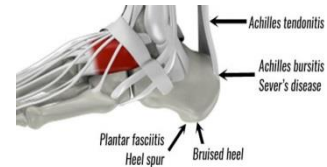


Orthotics Department

Purchasing Off-the-Shelf Orthotics to Manage Common Foot Pains

Rear Foot Pain

This can come in a variety of areas and is normally down to an overuse injury which can be self-managed.



Plantar Fasciitis

Bad pain, often in the morning, after periods of walking and after rest, with difficulties lifting toes.

Achilles Tendonitis

Tenderness and pain at the back of the heel and up the Achilles, pain in the calf when going onto toes.

Bursitis/Sever's Disease

Pain at the back or base of heel.

Midfoot Pain

Stress Fractures

Continuous and repetitive loads on the legs and feet causing tenderness and aching in affected area.



Tibialis Posterior Tendinopathy

Runs down the back of the leg inside the ankle and into the foot. Overuse can cause the tendon to degenerate and cause pain in the arch of the foot when turning it inwards or outwards and going on tip toes.

Lisfranc Injury

Dislocation or fracture of the midfoot. Swelling on top of the foot/bruising and pain on weight-bearing.

Plantar Fascia Strain

Runs from the heel to the front foot. Pain under the arch from either a single trauma or gradually developed.

Forefoot Pain

Metatarsalgia

A shooting, stabbing pain or 'pebble' feeling under the forefoot. It is caused by straining or injuring your metatarsals.



Morton's Neuroma

Painful condition affecting one of the nerves between the toes which has inflamed the sheath around the nerve.

Sesamoiditis

Inflammation of the sesamoid bones located under the ball of the big toe embedded within tendons.

Hallux valgus/Bunions

Pain/swelling stiffness of the big toe joint with the big toe pointing towards the other toes.

Treatment

Do's

- Take ibuprofen or paracetamol
- Ice pack & Massage
- Wear wide, supportive, cushioned shoes with a small heel/pitch
- Off the shelf orthotics (See Below)
- Gentle stretches (see Below)
- Reduce your weight if you have a high BMI.





Don'ts

- Avoid over walking
- Long periods standing on your feet
- Going barefoot or wearing flat shoes
- Wear pointy shoes or high heel

Exercises

Stretches

For more information go to <https://www.csp.org.uk/public-patient/rehabilitation-exercises/foot-pain> to print off a PDF version.

<p>Achilles tendon/Plantar fascia stretch</p> 	<p>Wall stretch</p> 	<p>All exercises should be held for 30 sec and repeated 3 times on both affected sides, twice a day</p>
<p>Achilles tendon-off the step</p> 	<p>Seated plantar fascia stretch</p> 	

Purchasing Orthotics (insoles)

Where to buy

Local pharmacy for simple cushioned inserts or

<http://www.Orthotix.co.uk>

<http://www.Healthandcare.co.uk>

<http://www.Blacks.co.uk>

<http://www.Millets.co.uk>

Types

Cushioned insoles and gel heels and toe protectors to relieve pressure and increase comfort.



Medial arch supports to support the midfoot, relieve stresses and overload on tendons in the foot.



Insoles brands

Pro-steps, Gaitway, 1st line or Trios in $\frac{3}{4}$ or full length from above sites.

Forefoot pain

Metatarsalgia or Morton neuroma

Orthosole insoles from Blacks or Millets in Men's & Ladies or cushioned full length gel insoles if these cannot be tolerated.



Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the orthotic department at Dorset County Hospital: 01305 254408.

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