



# 12 Common Foot Problems



Is a Bunion, Corn, In-grown toe-nail or Athlete's foot causing foot pain? Keep feet healthy by learning to spot & treat common foot problems.



**BUNION** IS A BONY BUMP AT THE BASE OF THE BIG TOE THAT CAUSES TOE TO DEVIATE TOWARD THE OTHERS, MISALIGNING FOOT BONES & PRODUCING THE CHARACTERISTIC BUMP AT THE JOINT'S BASE. IT CAN BE PAINFUL DUE TO PRESSURE OR ARTHRITIS & MAY LEAD TO CORNS. PAIN RELIEVERS, PADS TO CUSHION THE BUMP, CUSTOM INSERTS, OR SURGERY MAY HELP, AS WILL ROOMY SHOES & AVOIDING HIGH HEELS.





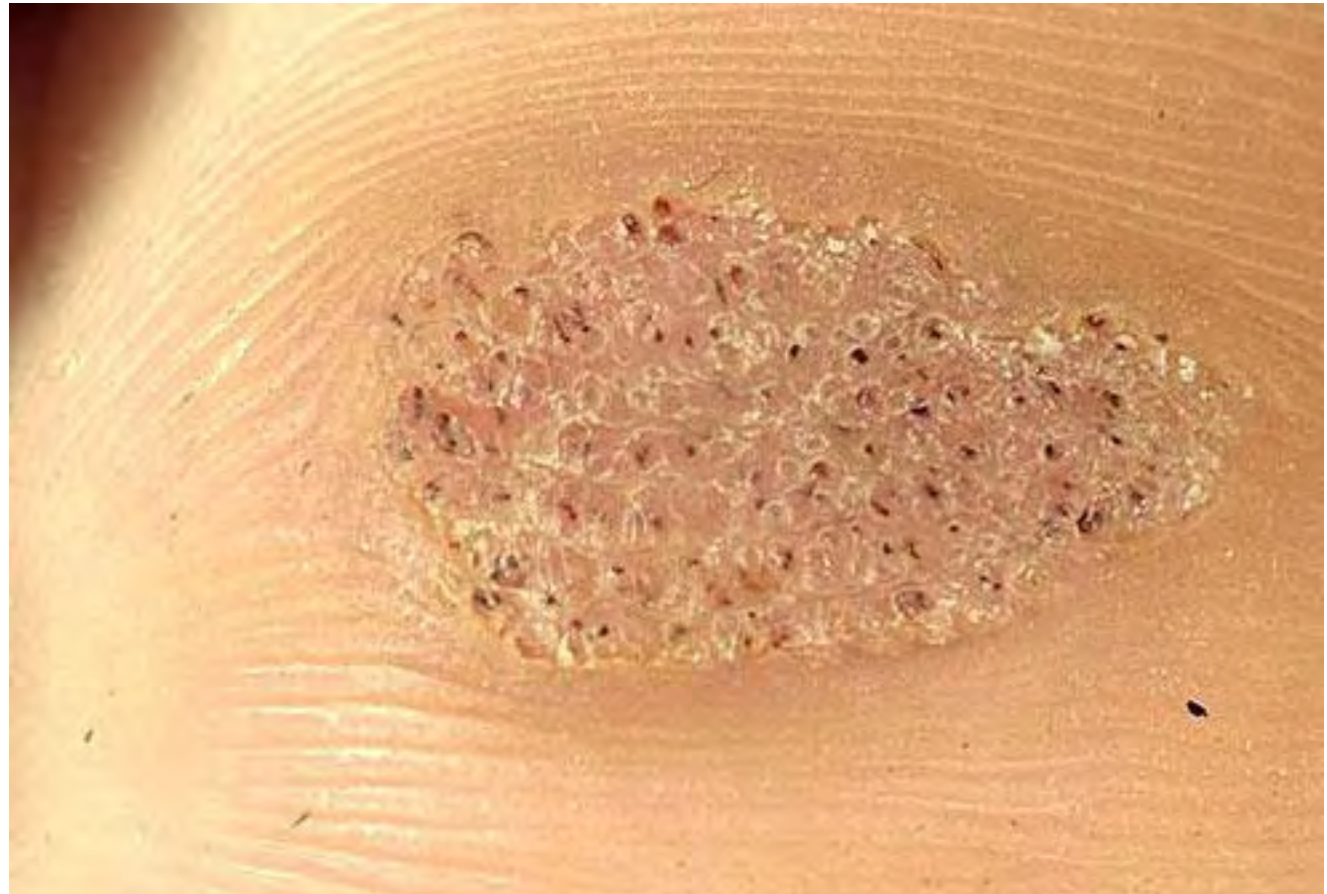
FRICITION CAUSES THE THICK, HARDENED, DEAD SKIN OF **CORNS** & **CALLUSES**, WHICH FORM TO PROTECT SENSITIVE SKIN. APPEARING CONE-SHAPED, CORNS POINT INTO THE SKIN & USUALLY OCCUR ON AREAS THAT BEAR LITTLE WEIGHT. CALLUSES MAY APPEAR ANYWHERE THERE'S FRICTION. BOTH MAY BE CAUSED BY ILL-FITTING SHOES & WILL FADE WHEN FRICTION STOPS. MOLESKIN PADS CAN HELP RELIEVE A CORN; CALLUSES CAN BE TRIMMED OR SURGICALLY CORRECTED.



**GOUT** IS A FORM OF ARTHRITIS, CHARACTERIZED BY SUDDEN PAIN, REDNESS, SWELLING & STIFFNESS, USUALLY IN THE LARGE JOINT OF THE BIG TOE. GOUT CAN ALSO OCCUR IN THE FOOT, ANKLE, OR KNEES. IT IS CAUSED BY HIGH URIC ACID (UA) IN THE BLOOD, WHICH CAN FORM HARD CRYSTALS IN JOINTS. ATTACKS CAN LAST DAYS OR WEEKS & MAY BE TREATED WITH ANTI-INFLAMMATORY DRUGS OR URIC ACID LOWERING MEDICATION. CONSULT YOUR DOCTOR.



***PLANTAR WARTS*** ARE TOUGH, HORNY GROWTHS THAT DEVELOP ON THE SOLES. CONTAGIOUS, THEY'RE CAUSED BY A VIRUS ENTERING THROUGH BROKEN SKIN & SPREAD VIA PUBLIC POOLS & SHOWERS. THEY ARE HARMLESS & CAN BE LEFT UNTREATED, BUT MAY BE PAINFUL. TOPICAL SALICYLIC ACID MAY HELP, WHILE BURNING, FREEZING, LASER THERAPY & SURGICAL REMOVAL ARE MORE AGGRESSIVE OPTIONS FOR MORE SEVERE CASES.

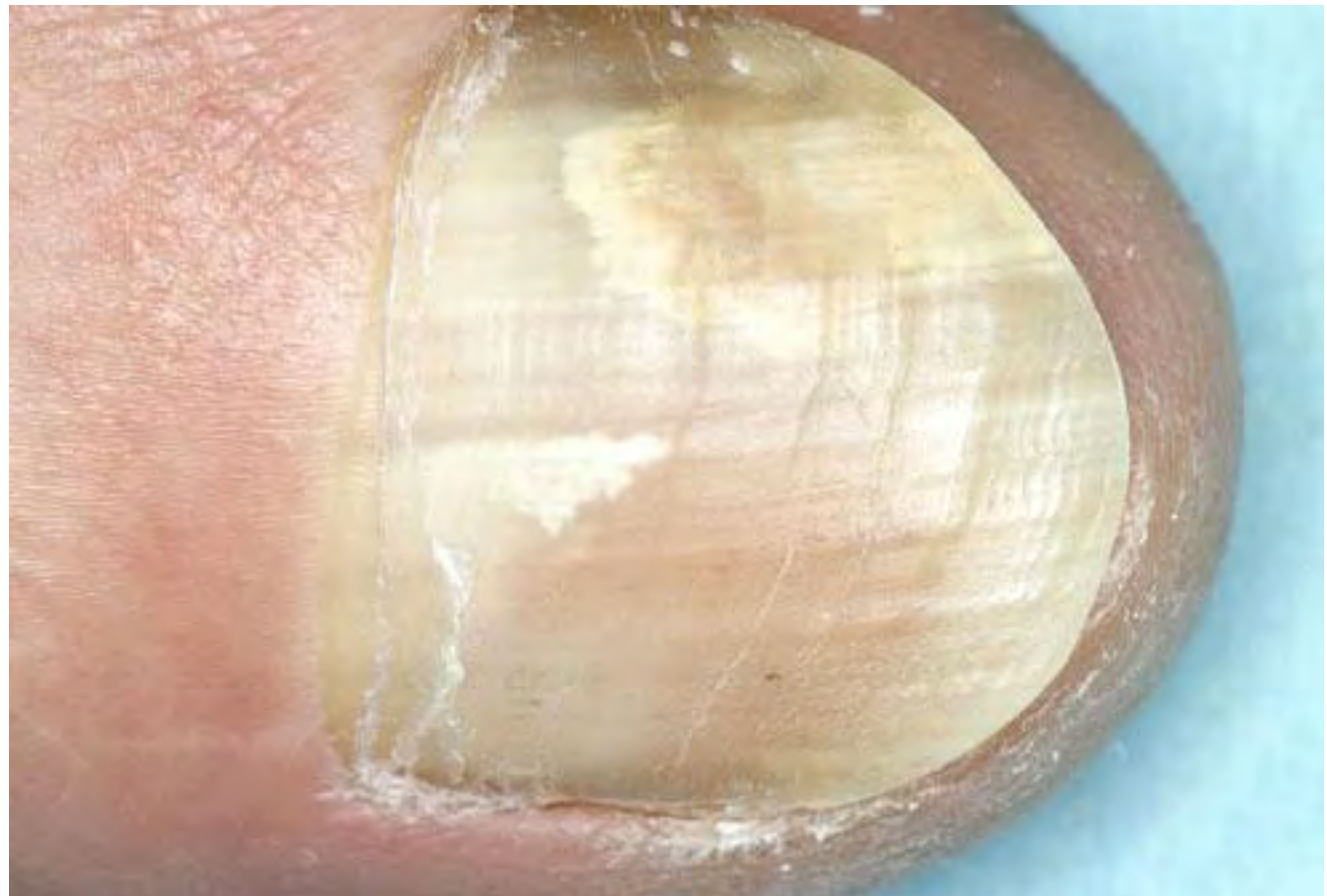




***ATHLETETE'S FOOT*** IS A FUNGAL INFECTION THAT CAN CAUSE PEELING, REDNESS, ITCHING, BURNING, AND SOMETIMES BLISTERS & SORES, IT IS CONTAGIOUS, PASSED BY DIRECT CONTACT OR BY WALKING BAREFOOT IN AREAS SUCH AS LOCKER ROOMS, OR NEAR POOLS. THE FUNGI THEN GROW IN SHOES, ESPECIALLY TIGHT ONES WITHOUT AIR CIRCULATION. IT IS USUALLY TREATED WITH TOPICAL ANTIFUNGAL LOTIONS OR ORAL MEDICATIONS FOR MORE SEVERE CASES.



***FUNGAL NAIL INFECTION*** OCCUR WHEN MICROSCOPIC FUNGI ENTER THROUGH A BREAK IN THE NAIL & CAN MAKE NAILS THICK, DISCOLORED (BLACK) & BRITTLE. IF UNTREATED, INFECTION WON'T GO AWAY -- AND CAN BE HARD TO TREAT. THRIVING IN WARM, WET PLACES, THE FUNGI CAN SPREAD TO OTHER NAILS. TOPICAL CREAMS MAY HELP BUT ANTIFUNGAL PILLS OFFER BEST CHANCE OF A CURE.





**HAMMERTOES** OCCUR WHEN TOE MUSCLES GET OUT OF BALANCE, THEY CAN CAUSE PAINFUL TOE PROBLEMS. WHILE SOME ARE PRONE TO HAMMERTOES, OTHER RISKS INCLUDE TIGHT FOOTWEAR. IT CAUSES THE MIDDLE JOINT OF THE TOE TO BEND DOWNWARD, WITH TOES APPEARING RAISED NEAR THE FOOT. WELL-FITTED FOOTWEAR WITH THE CORRECT AMOUNT OF SPACE IN THE TOE BOX, SHOE SUPPORTS, AND SURGERY MAY OFFER RELIEF.



**INGROWN TOE NAIL** IS A TOENAIL THAT HAS GROWN INTO THE SKIN LEADING TO PAIN, REDNESS, SWELLING & EVEN INFECTION. CUTTING NAILS TOO SHORT OR NOT STRAIGHT ACROSS, INJURY TO THE TOENAIL, & WEARING TIGHT SHOES ARE CULPRITS. FOR MILD CASES, SOAK THE FOOT IN WARM WATER, KEEP IT CLEAN, AND WEDGE A SMALL PIECE OF COTTON UNDER THE CORNER OF THE INGROWN NAIL TO LIFT IT OFF THE SKIN. MINOR SURGERY CAN REMOVE ALL OR PART OF THE NAIL.



***FLATFOOT (PES PLANUS)*** IS CHARACTERIZED BY THE SOLE OF THE FOOT COMING INTO COMPLETE OR NEAR-COMPLETE CONTACT WITH THE GROUND. IT MAY BE INHERITED, CAUSED BY AN INJURY, OR BY A ARTHRITIS. SYMPTOMS ARE RARE, THOUGH WEIGHT GAIN, ILL-FITTING SHOES, OR EXCESSIVE STANDING MAY CAUSE PAIN. TREATMENT INCLUDES FOOT-STRENGTHENING EXERCISES & SHOES WITH GOOD ARCH SUPPORT OR ORTHOTICS.





**PLANTAR FASCIITIS** IS INFLAMMATION OF FIBROUS TISSUE ALONG BOTTOM OF FOOT. PAIN IS MORE COMMON ON INNER SIDE OF THE HEEL. IT IS SEEN IN FLAT FEET, HIGH ARCH FEET, SUDDEN INCREASE IN PHYSICAL ACTIVITY, EXCESSIVE WEIGHT GAIN & USE OF FLIP FLOPS. IT CAUSES HEEL PAIN, HEEL SPURS, ARCH PAIN FIRST THING IN THE MORNING OR AFTER A PERIOD OF PROLONGED REST. **TREATMENT & PREVENTION:** ORTHOTICS WITH ARCH SUPPORT, FOOTWEAR WITH PROPER CUSHIONING & SHOCK ABSORPTION HEEL, STRETCHING & NIGHT SPLINTS



**HEEL PAIN SYNDROME IS EXTREME HEEL DISCOMFORT DUE TO PLANTAR FASCIITIS (PREVIOUS SLIDE) OR OVER-USE REPETITIVE STRESS. THERE IS PAIN UNDERNEATH THE HEEL OR JUST BEHIND IT, WHERE THE ACHILIS TENDON ATTACHES TO THE HEEL BONE. TREATMENT & PREVENTION: HEEL CUPS OR CRADLES, ORTHOTICS WITH ARCH SUPPORT, SHOCK ABSORPTION 20J HEEL, CUSHIONING, FOOTWEAR WITH ELEVATED HEELS. CONTRAST BATH ALSO HELPS**



# FOOT CARE TIPS !

**Foot Pain is Not Normal** - Your feet mirror your general health. With the right fit, proper footwear & orthotics for your foot type, most common foot pain can be relieved & prevented.

**Buy Shoes that Fit Your Needs** - Most people do not know their true foot size & too often purchase shoes that are too small. Buy your footwear only in the evening & after wearing in both feet.

**Give Your Feet a Break** - Women have 4 times as many foot problems as men and high heels are partly to blame. Whenever possible, wear comfortable shoes that fit your feet properly.

**Night time Care** - After being on your feet all day, give your feet a little pampering. Knead them gently with your thumbs to increase blood circulation. Then cover them with a good quality foot cream or nourishing gel to help keep the skin from cracking and drying.

**Socks are Important Accessories** - Socks are important foot health accessories too. Damp & dark conditions, such as those found in shoes, promote the growth of fungi, bacteria and odor. Protect your feet by wearing socks having antibacterial treatment that have been clinically proven to help eliminate these common problems and improve your skin's appearance and texture. Store footwear in airy place. Keep 2 pairs & wear them on alternate days.



# **DISCLAIMER**

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# THANKS



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