



COMMON CAUSES OF FOOT PAIN AND HOW PHYSICAL THERAPY CAN HELP

You want to go for a nice evening stroll or spend an afternoon at the mall. But that pain in your foot makes prolonged walking seem like an impossibility. Now what?

Foot pain is a common problem—and one that can have a significant impact on your day-to-day life. If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, physical therapy at PacificPro Physical Therapy can help you find relief. Our team of experts will dig down to identify the root cause of your pain. Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief.

Don't let foot pain hobble you completely! Give us a call to set up an appointment to uncover the source of your foot discomfort.

What Are the Common Causes of Foot Pain?

When determining the source of your foot pain, you'll first want to pinpoint where the pain is coming from. Is it along the bottom of your foot? Is it along the top of your foot? In your heel? Could your ankle be involved?

Our therapists will conduct a detailed evaluation to ensure we fully understand your symptoms. We'll review your health history and recent activities and perform a physical examination that gives a complete picture of your condition. From there, we can determine the underlying injury or condition causing you pain.

While causes of foot pain vary wildly, here are some of the most common:

- **Plantar Fasciitis:** This is the most common cause of foot pain, occurring in about 10% of the general population. It causes pain and stiffness along the bottom of your foot and into your heel and occurs when certain tissue (the plantar fascia) becomes swollen and inflamed.
- **Achilles Tendonitis:** Another example of inflammation in foot tissue, Achilles tendonitis causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).
- **Heel Spurs:** This condition refers to a bony growth that develops on your heel bone due to stress and strain on the ligaments and tendons.
- **Stress Fractures:** Stress fractures are small cracks in the bone that generally occur due to overuse. While they can happen anywhere, your feet are particularly susceptible as they absorb much of the impact from activities like running, excessive walking, and jumping.

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NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

HEALTHY RECIPE



Start your morning off with this quick and easy, nutritional meal!

AVOCADO-EGG TOAST

Ingredients

- ¼ avocado
- ¼ teaspoon ground pepper
- ⅛ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)



Directions: Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

EXERCISE TO TRY AT HOME

This exercise can help relieve foot pain.

TOE WEAVE

Start by crossing the foot on the side you want to work over your other knee. Gently slide your fingers in between your toes like you are weaving them. Hold for 30 seconds.



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What Physical Therapy Can Do To Help

Once our therapists have determined the source of your foot pain, we'll work with you to develop a customized treatment plan that manages symptoms, improves functionality, and, in many cases, resolves the underlying condition. We customize every plan to suit your needs, pulling from various treatment options.

Here are just a few techniques we might incorporate:

- **Manual Therapy:** Manual therapy offers drug-free pain management and a gentle way of improving foot mobility. Techniques like myofascial release, soft tissue manipulation, and joint mobilization offer unique benefits.
- **Therapeutic Exercise:** We'll provide a targeted, personalized exercise program to stretch and strengthen your foot and ankle muscles. Depending on your needs, we can also work on balance, overall mobility, and coordination.
- **Modalities:** Various treatment modalities, such as hot and cold therapy, electrostimulation, and ultrasound techniques, can provide additional pain relief.
- **Lifestyle Modifications:** Often, foot pain stems from lifestyle factors, such as wearing improper footwear or starting a new high-impact exercise regimen. We'll help you identify these factors and suggest strategies for managing them.

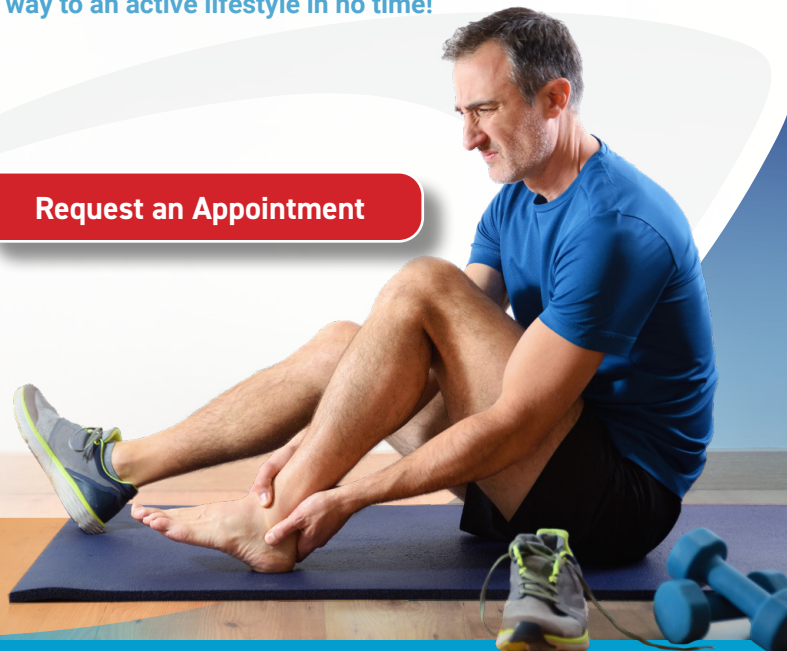
During your sessions, we'll generally begin with acute pain relief through manual therapy techniques or pain-relieving modalities. Then, we'll move on to targeted exercises. Our therapists will ensure you perform those exercises correctly and monitor your progress, increasing the intensity as you improve.

We'll also suggest things you can do on your own, such as self-massage techniques, additional exercises, or footwear changes.

Schedule An Appointment Today

The first step in resolving your foot pain is correctly identifying its cause. To learn why your foot is hurting, call PacificPro Physical Therapy to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!

Request an Appointment



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Patient Success

Are Your Shoes the Cause of Your Foot Pain?

Who doesn't love a great pair of shoes, especially when they're the final touch on a knockout outfit? Unfortunately, shoes are more than just a fashion statement — they can also contribute to foot pain.

At PacificPro Physical Therapy, we can let you know for certain if your shoes are causing your foot-related woes. In the meantime, here are some simple guidelines to remember the next time you go shoe shopping.

A Physical Therapist's Guide to Finding the Perfect Shoe

- **Make sure it fits.** Cinderella's stepsisters learned it the hard way: it doesn't matter what a shoe looks like if it doesn't fit your foot. If your shoes are too tight or restrictive, your feet will not have full mobility, leading to pain and other discomfort.
- **Pointed toes are out this season.** Those fierce pointy-toed shoes might look great, but they squeeze your toes together in a way that can cause problems in your toe joints.
- **So are high heels.** A severe high heel looks fabulous (and sounds even better), but it forces your foot into an unnatural shape, leading to significant impacts on the overall health of your feet—not to mention a higher risk of sprained ankles, lower back pain, and balance issues!
- **But comfort and support are in.** The best shoes are the ones that feel good while wearing them and after when you take them off. In most cases, these shoes provide your foot with the support it needs to work correctly, ensuring the foot is protected and feeling good.

Okay, so our physical therapists may not be your first choice for fashion tips — but we can help you avoid persistent, debilitating foot pain. Schedule an appointment today to learn more about the right shoes for healthy feet!

[Request an Appointment](#)

"If you want to get better this is the place..."

"If you want to get better this is the place, everyone is extremely nice and they do their best to get you back to normal. Amanda, Erin, Mark, Allan, Matt, Amber (everyone else I forgot to mention, I'm sorry) thanks again. You guys are the best! I would definitely recommend this place to anyone needing physical therapy.

—Carlos E., Canyon Hills/
Menifee clinic

We want to hear your
PT Success Story.

[Share Your Success Story](#)

Thank you!

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Are You In Pain? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

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