Page will have these links and that open to the detailed info below.

* Ankle Pain
* Arthritis
* Bunions
* Bursitis and Achilles Tendonitis
* Cosmetic Podiatry
* Entrapped Nerve
* Hammertoes
* Heel Pain
* Heel Spurs
* Ingrown Toenails
* Neuromas / Morton’s Neuroma
* Neuropathies and Diabetic Neuropathy
* Plantar Fasciitis
* Peroneal Tendonitis
* Tarsal Tunnel Syndrome
* Toe Spur

**Ankle Pain**:

One of the most common causes of ankle pain is a sprain. An ankle sprain, possible in either the inner or outer ligaments that surround the ankle, occurs when a ligament is suddenly stretched, resulting in either a partial or complete tearing of the ligament.

Another condition that causes ankle pain is tarsal tunnel syndrome, a compression of nerves in the ankle joint as it passes under the supportive band surrounding it. When this nerve becomes pinched or entrapped, inflammation and pain, which can be severe, can occur. This condition is similar to carpal tunnel syndrome in the wrist.

**Arthritis**:

Arthritis is a condition that affects the joints of the body, including the joints of the feet. There are different forms of arthritis, two of the most common being osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the gradual wearing down of the joint lining. It is sometimes called degenerative joint disease and is common in old age. Rheumatoid Arthritis is an autoimmune disease where the white blood cells begin to attack the lining of the joint, called the synovium lining. When rheumatoid arthritis occurs in the feet, the synovium becomes inflamed and destroys the joints of the feet, as well as the ligaments and tissues that support them.

The joints of the feet most often affected by arthritis are the joint where the ankle and shinbone meet, those associated with the heel bone, and the joints of the big toe and foot bone. Symptoms of foot and ankle arthritis include pain, limited mobility, stiffness, and swelling. Damage to ligaments as a result of rheumatoid arthritis can result in deformities, such as hammertoe and bunions.

**Bunions:**

A bunion is a bony growth that forms at the joint of the big toe. This growth is caused by the big toe pushing toward the other toes, causing it to slant at an angle against the normal profile of the foot. Eventually, being in this unnatural position enlarges the toe joint, causing pain and more crowding of the toes.

The most common cause of bunions is wearing shoes that fit too tightly; however, they may also be the result of a genetic defect or a medical condition, such as arthritis.

When a similar condition occurs with the little toe, it is called a bunionette.

**Bursitis and Achillies Tendonitis**:

A bursa is a fluid-filled sac that cushions areas of friction between tendon and bone. These sacs reduce friction between moving parts of the body, such as in the hip, knee, and heel. A constant rubbing of the tendon over the bone with high amounts of repetitive motion can lead to enough friction of the bursa to cause inflammation and irritation, known as bursitis.

Symptoms of bursitis vary from an achy pain and stiffness of the joint, to a burning sensation of the joint around the inflamed bursa. With this condition, the pain is usually worse during and after activity, and the bursa and surrounding joint area can become stiffer the following day.

The retrocalcaneal bursa is located in the feet between the Achilles tendon and the heel bone. When it becomes inflamed, it is known as Achilles tendon bursitis and causes heel pain. Because it occurs in the same area, Achilles tendon bursitis may be mistaken for Achilles tendinitis. It is possible to have both Achilles tendinitis and Achilles tendon bursitis at the same time, which is known as Haglund’s syndrome.

**Cosmetic Podiatry:**

Cosmetic podiatry seeks to correct conditions of the feet in a way that restores or preserves the aesthetic beauty of the foot while treating the medical condition. Procedures that fall into this category include laser treatments for toenail fungus, treatment for excessive foot perspiration, wart and growth removal, surgery for bunions and hammertoe, and rejuvenation treatments.

**Entrapped Nerve:**

As nerves travel through the body, they go through fixed anatomical points, or tunnels. If the nerves are swollen due to damage, or if the tunnel is too small, it results in a pinched or entrapped nerve.

An entrapped nerve can affect different areas of the feet, resulting in shooting pain, burning and tingling, and increased sensitivity.

Pinched nerves in the top of the foot are often the result of shoes that are too tight, swelling in the feet, or blunt trauma.

Another common form of nerve entrapment in the feet is tarsal tunnel syndrome. Tarsal tunnel syndrome is the entrapment of the posterior tibial nerve as it passes through the tarsal tunnel, located in the ankle area. This results in painful symptoms radiating from the instep and heel areas to the soles of the feet.

**Hammertoes:**

Women who wear high heel shoes or shoes with a very narrow toe box are vulnerable to hammertoe, although individuals who have experienced trauma or nerve damage caused by diabetes or stroke may also suffer this disorder. Hammertoe is an unnatural bend in the middle toe joint (curled toe) that occurs in the second, third, or fourth toe. It occurs when the tendon of the toe is shortened, causing the toe to be permanently bent.

**Heel Pain:**

Heel pain is a common complaint. The onset of heel pain can be a sudden discomfort, but in most cases is a progressive aching that worsens over time. Heel pain is a general term, given to specific ailments that affect the foot, most commonly plantar fasciitis and heel spurs. If the pain is ignored and not properly treated, conditions usually worsen and can significantly impact a person’s daily routine and lifestyle.

**Heel Spurs:**

Heel spurs can interfere with your daily routine, as they can cause pain with every step. Pain that results from a heel spur is usually characterized by a sharp poking in the heel or under the heel. This pain can become severe and inflammation may also occur. When taking a step or putting pressure on the heel, your pain can intensify, particularly after prolonged periods of rest, such as the first step when getting out of bed in the morning.

**Ingrown Toenails:**

Ingrown toenails occur when the corners of a toenail grow down into the skin, causing pain and inflammation. This condition is usually the result of improper grooming, which is why it is important to cut toenails straight across and avoid rounding at the corners. It is important to give an ingrown toenail proper care to prevent infection and other complications.

**Neuromas / Morton’s Neuroma:**

A neuroma is a benign growth of nerve tissue, caused by irritation or compression, which results in a thickening of the nerve. A neuroma can occur anywhere in the body, the most common in the foot being Morton’s Neuroma, occuring between the third and fourth toes. People with this condition will experience tingling, burning, numbness, pain, and often a feeling that there is a small pebble in their shoe.

# Neuropathies and Diabetic Neuropathy:

Neuropathy occurs when a nerve is damaged, resulting in swelling and inflammation. The result is numbness, tingling, and burning sensations. When neuropathy affects the feet, it increases the chance of injury and wounds may go undetected.

Neuropathy can be caused by a wide range of factors, including alcoholism, exposure to toxins, trauma, tumors, and diseases, such as autoimmune disease or diabetes.

One of the most common kinds of neuropathy is diabetic neuropathy, caused by damage to the nerves as a result of high blood sugars. Diabetic neuropathy is a special concern because it takes diabetics longer to heal, so they are at a higher risk for infection.

# Plantar Fasciitis:

Plantar fasciitis is a serious, painful condition that occurs when the long, flat ligament (plantar fascia) along the bottom of the foot develops tears and causes inflammation. This ligament attaches at the heel and extends to your toes. When you walk or run, you land on your heel and raise yourself on your toes as you shift your weight to your other foot, causing all your weight to be held up by your plantar fascia. Such repetitive force can pull the fascia from its attachment on your heel, damaging or even rupturing the ligament.

# Peroneal Tendonitis:

The peroneal tendons run on the outside of the ankle behind the fibula bone. Tendons connect muscle to bone, allowing them to exert force across the joints that separate bones. Peroneal tendonitis is swelling of the peroneal tendon, usually occurring with overuse, such as found in an athlete who runs marathons.

Symptoms include pain or tightness on the outside of the calf, below the kneecap. Pain can move down the calf to the foot, and swelling can occur at the lower tendon (between the lateral maleolus and foot) if the inflammation is severe enough. As this is an overuse condition, your symptoms will typically worsen with activity and better with rest.

# Tarsal Tunnel Syndrome:

Tarsal tunnel syndrome is a compression, or squeezing, on the posterior tibial nerve that produces symptoms along the path of the nerve running from the inside of the ankle into the foot.

Tarsal tunnel syndrome is similar to carpal tunnel syndrome, which occurs in the wrist. Both disorders are brought on from the compression of a nerve in a confined space.

# Toe Spur:

A toe spur is typically caused by wear and tear or injury to the articular cartilage when the raw bone ends rub together. This overgrowth can prevent the toe from bending as much as it needs to when you walk, resulting in a stiff big toe.

Symptoms may include pain in the joint when active, swelling, a bump on the foot, and stiffness in the big toe.