

Why does my foot hurt?

Foot and ankle pain is a common clinical problem that can affect all ages and genders

This part of the body is made by several bones and joints — making it one of the most complex mechanical part of the body, with various types of pathology. Most of the time, the reason for foot pain is easy to diagnose and can be managed with simple measures, including attention to footwear and modifying lifestyle activities — provided a correct diagnosis is made.

WHAT CAN I DO?

Expensive footwear doesn't always co-relate to improving your symptoms. Focusing on the type of footwear is more essential. For example, osteoarthritis of the foot would be best treated with shoes with a hard, stiff, external sole, while plantar fasciitis would be best treated with a soft cushion insole.

DOES MY JOB INFLUENCE FOOT PAIN?

Some professions have a profound effect on feet pain. Jobs that involve standing on your feet for long periods would have some effect and influence soft-tissue problems such as plantar fasciitis. It may also have an effect on the wear and tear of the

joints, which could potentially lead to arthritis.

LIFESTYLE CHOICES — ARE HIGH-HEEL SHOES BAD?

The human body has evolved to bear its own weight on a flat surface. Wearing high heels and combination narrow shoes changes the way our bodyweight is distributed across our feet. This has a significant influence on shaping our feet — prolonged used can potentially cause bunions and hammer toes to develop.

WHAT IS THE ROLE OF PHYSIOTHERAPY AND INSOLES?

Targeted exercises with physiotherapy and, at times, combined with insoles — to offload or even support the foot — helps to improve some foot problems. This should be taken with a pinch of salt, as not all pathologies will improve. The commonest cause of a lack of improvement is wrong diagnosis.

DO I NEED SURGERY?

Not all foot and ankle problems need surgical attention and most can be managed non-operatively. It's most important to get advice



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from a qualified professional, and sometimes surgery is required. Thanks to the improvement of surgical techniques in recent years — including minimally invasive procedures — most surgery is fairly simple and most patients recovery fairly quickly.

HOSPITAL LOCATIONS:

Mr Vail Karuppiyah offers clinical services at various areas, including Nottingham, Leicester and Sheffield. He sees private patients at Woodthorpe Hospital, Ramsay Health Care, Nottingham and Thornbury Hospital, BMI Sheffield.



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