

Scientific Procedure for Healing and Foot Management

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Introduction

The arch of the foot is the area between the foot between the ball and the heel. Arch pain in the foot is a common problem, especially among athletes. The arch is made up of three distinct arches that form a triangle. Each arch is made up of bones, ligaments, and tendons. There are many possible causes for pain in the arch of the foot. Continue reading for more information on these causes, as well as possible treatments. Overpronation refers to the way a person's foot moves while walking, running, or jogging.

An overweight person hits the ground with the outer part of the heel first. When a person completes a step, the foot rolls too far into the bow. Excess pressure causes the arch to flap. In the long run, overuse can damage muscles, tendons, and ligaments. It can also cause hammertoe and calluses. An overreacting person usually gains extra support while walking. Support can include stable shoes and foundations for a doctor's prescription.

When a person has plantar fasciitis, they often feel pain when they wake up. The pain is usually exacerbated throughout the day by walking and standing. In addition to arch pain, a person may feel stiff on the heel or in the sole of his foot. People with plantar fasciitis may need to stop doing activities such as running to keep the foot cool. They may also consider wearing support shoes or using fitted materials to help remove pressure from the arch.

A posterior tibial tendon (PTTD) dysfunction occurs when this tendon is injured or burned. If the posterior tibial tendon is unable to support the arch, one may experience pain there as a result. PTTD pain usually occurs in the inner part of the ankle and behind the calf. Pain usually occurs when you run or walk fast and walk when a person stops. An ankle brace or spe-

cially designed braces can help repair PTTD.

Home remedies will not remove the bunions. However, they may help alleviate bunion pain while reducing the progression of bunions. Other home treatment options include: taking over-the-counter painkillers (OTC), such as acetaminophen and ibuprofen apply ice pack on bunion for up to 5 minutes at a time wearing wide-heeled shoes with a low heel and a soft sole putting bunion pads on the shoes to prevent the shoes from rubbing on the bunion you are trying to lose weight if you are overweight. Doctors rarely recommend surgical treatment of bunions.

A person with suspected Lisfranc injury will need a medical examination to determine the extent of the damage. If no joint fracture or fracture is present, and the ligament remains strong, the doctor may recommend non-surgical treatment. This will involve wearing a concrete or boot for 6 weeks to prevent weight gain on the affected foot. If the joints in the middle foot are broken or irregularly placed, the doctor will likely recommend surgery to correct the problem.

Conflict of Interest

We have no conflict of interests to disclose and the manuscript has been read and approved by all named authors.

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