

## WHAT IS THIS AND HOW DOES IT OCCUR?

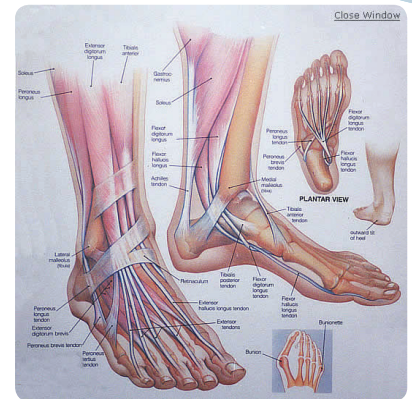
Bearing the weight of the entire body, the foot is under tremendous stress.

In many sports, the foot absorbs tremendous shearing and loading, sometimes reaching over 20 times the person's body weight.

Although foot injuries can occur from a variety of causes, the most common cause is trauma.

Other causes include:

- rapid or improper warm-up,
- overuse,
- intense workouts,
- improper footwear,
- playing on hard surfaces.



## COMMON CAUSES OF FOOT PAIN - WHAT DAMAGE HAS HAPPENED?

**Dislocations of the foot** are uncommon but potentially incapacitating injuries. The mechanism of injury may vary from a simple fall to a major motor vehicle collision (MVC). The foot is a complex structure, and injuries often occur in patients who sustain multiple trauma

**Toe fracture.** Each toe is made up of several bones. One or more of these bones may be broken (fractured) after an injury to the foot or toes. Approximately 10% of all fractures occur in the 26 bones of the foot.

**Turf toe** is an acute injury that involves forced extension of the first MTP joint (big toe) as the classic mechanism of injury. This results in a sprain of the first MTP joint. Symptoms include pain and stiffness at the big toe joint and difficulty running or changing directions.

**Peroneal tendon subluxation/dislocation** typically present as acute pain and swelling that is centered behind the outer ankle bone. These symptoms can be caused by an ankle sprain. Athletes usually complain of snapping and sudden sharp pain when changing directions or pushing off with the foot.

**Overuse injuries.** Otherwise known as cumulative trauma disorders, are described as tissue damage that results from repetitive demand over the course of time. The term refers to a vast array of diagnoses, including occupational, recreational, and habitual activities.

**Metatarsalgia** is a common overuse injury described as pain in the forefoot that is associated with increased stress over the metatarsal head region.

**Stress fracture.** Refers to the failure of the skeleton to withstand less than maximal forces over time. Stress fractures are estimated to account for up to 16% of all injuries that are related to athletic participation; running is the cause in most of these cases. Most stress fractures (95%) involve the lower extremities, particularly the metatarsals.



**Sesamoiditis** is manifested by pain beneath the first toe with weight bearing on the ball of the foot or with motion at the first big toe (MTP) joint. Common complaints include pain with jumping and with pushing off to run.

**Sever disease** A common cause of acute or chronic heel pain in children during early adolescence. Athletes typically complain of heel pain or soreness that improves with rest and worsens with prolonged running.

**Posterior tibialis tendinosis.** Occurs most commonly as a condition without apparent cause in middle-aged females. Athletes with this condition may present with flat foot/ overpronation and often play sports with sudden stop-start or push-off activity, such as soccer, football, and basketball. Patients typically complain of pain below to the inner ankle bone and stiffness.

**Peroneal tendinosis.** Present with pain and swelling on the outer aspect of the ankle, usually behind the outer ankle bone. Patients may also complain of either a “giving way” or “sharp pinching” sensation of the lateral ankle. Long-distance running and any activity that requires repetitive cutting and pushing off can aggravate this condition.

**Flexor hallucis longus tenosynovitis** usually presents with pain in the inner aspect of the ankle. The pain improves with rest and increases in sports that require push-off and extended running.

## HOW CAN PHYSIOONE ASSIST?

- We can diagnose the problem
- We can educate you on why it is occurring and show you how to manage it
- We can provide stretches for areas which are too tight
- We can provide strengthening for core areas which are weak and are affecting the alignment of the body
- We can assist you in footwear and further referral on if required
- We can do soft tissue therapy to release the tight muscles
- We can use tape and fit orthotics to unload painful structures and assist in correcting muscle/biomechanical imbalances.