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Warming and stretching

Warming up and stretching before sport, and cooling down and stretching afterwards, can help prevent shin pain.



There are many factors that can cause foot and leg pain. A critical factor is the way the foot and leg move. Podiatrists assess abnormalities in foot and leg movement - as well as techniques, surfaces and footwear - when determining causes and treatment of foot and leg pain.

Shin splints

Shin splint pain occurs in the shin area during or after sport. The pain can come from a variety of structures in the shin area including tendon, muscle, bone and ligaments and occurs at an interface point where muscle attaches to bone at the front or inside of the shin.

Causes and cures

Shin pain usually occurs because of poor biomechanics (the way the foot and leg move while running or playing sport), poor training techniques or, in some cases, over-training. The surface you are running or playing your sport on can also impact on these injuries. A podiatrist would consider all of these elements when assessing your shin pain and determining the best remedy.

Foot pain

Many people have pain in the base of their foot. This could be due to inflammation of one of many different structures in your foot. Common examples are sesamoiditis (inflammation of small bones under the big toe joint) and plantar fasciitis (inflammation of a ligament - like structure which runs the length of the foot).

Pain on standing first thing in the morning is a classic symptom of plantar fasciitis. It is one of the most common problems experienced by runners, accounting for about 10 per cent of running injuries. It often starts with low-grade pain in the arch and/or heel of the foot, and gradually worsens until it is impossible to continue running.

Causes and cures

This type of foot pain is usually caused by a mechanical problem with your feet. Treatment includes rectifying poor foot biomechanics, muscle imbalances, poor training techniques and incorrect footwear. A podiatrist may prescribe an insole and assess your footwear. Persistent problems may require a cortisone injection or surgical intervention.

Flat feet and fallen arches

Flat feet and fallen arches are terms used to describe lowering of the long inner arch of the foot. For a long time, flat feet were thought to be the sign of a poorly developed or structured foot. However, in recent years it has been found that people with flat feet are no more prone to injury or soreness than others. In fact, recent research involving army recruits has shown that recruits with flatter feet tended to suffer less problems than those with normal or high arched feet.

The most critical factor in foot soreness and injury is the way you walk and move, not how flat or high your arches are. If your feet move abnormally while you are walking or standing, this can make you more prone to injuries and foot soreness.