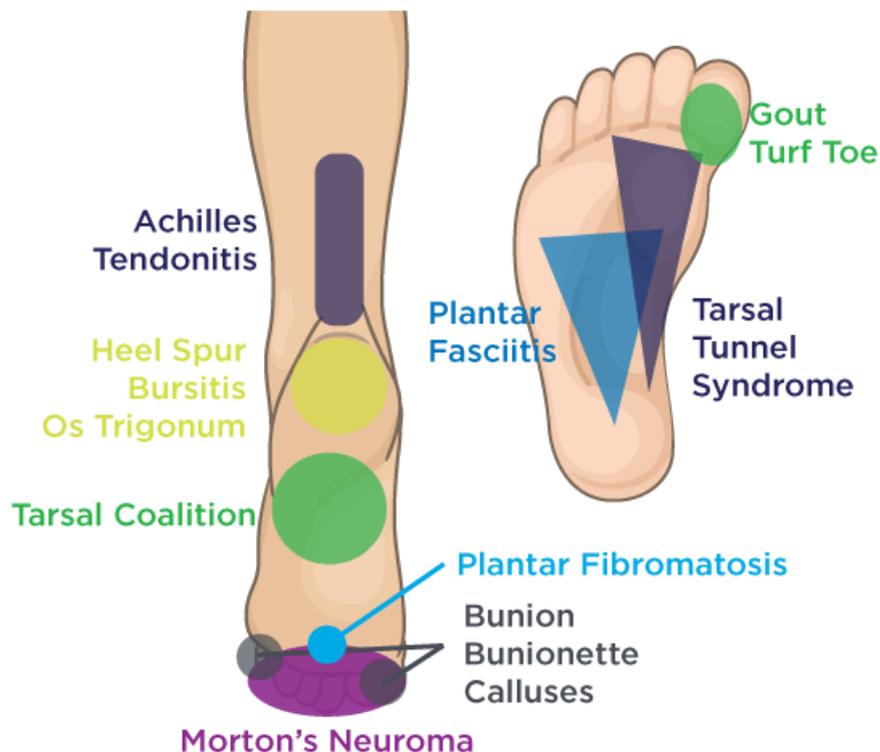


Pain in the Bottom of the Foot



What is Pain in the Bottom of the Foot?

Pain on the bottom (sole) of the foot can occur due to overuse, injury, or underlying conditions affecting muscles, tendons, ligaments, or bones. The heel and arch are commonly affected.

Common Causes

- **Plantar fasciitis** – inflammation of the plantar fascia, often causing heel pain

- **Heel spurs** – bony growths at the heel
 - **Tendonitis** – inflammation of tendons supporting the arch
 - **Flat feet or high arches** – abnormal foot mechanics
 - **Stress fractures** – small cracks in the bones of the foot
 - **Bursitis** – inflammation of small fluid-filled sacs under the heel or ball of the foot
-

Who Gets It?

- Adults who **stand or walk for long periods**
 - Runners and athletes
 - People who are **overweight**
 - Individuals with **foot structure issues** (flat feet, high arches)
-

Symptoms

- Pain in the **heel, arch, or sole**
 - Tenderness on touching the bottom of the foot
 - Pain when **first standing in the morning**
 - Swelling or stiffness in the foot
 - Pain during walking, running, or after long periods of standing
-

Self-Care & Home Management

- **Rest** – reduce activities that aggravate the pain
 - **Ice therapy** – 10–15 minutes, 2–3 times daily
 - **Footwear** – wear supportive shoes with cushioning
 - **Stretching exercises** – plantar fascia and calf stretches
 - **Heel pads or orthotics** – reduce pressure on the painful area
 - **Pain relief** – paracetamol or NSAIDs if safe for you
-

Exercises

1. **Plantar Fascia Stretch:** Sit, cross affected leg, pull toes toward shin, hold 15–30 seconds, repeat 3 times
2. **Calf Stretch:** Lean against a wall, back leg straight, heel on the ground, hold 20–30 seconds
3. **Foot Strengthening:** Towel scrunches or marble pick-ups with toes

A physiotherapist can guide you on **specific exercises for your foot pain**.

When to See a Physiotherapist or Doctor

- Pain **does not improve** after 2–3 weeks of self-care
 - Severe swelling, bruising, or deformity
 - Difficulty walking or performing daily activities
 - Persistent or worsening pain
-

Treatment Physiotherapists May Offer

- Hands-on treatment: **massage, mobilization, stretching**
 - **Exercise programs** for strengthening and flexibility
 - Advice on **footwear, orthotics, and activity modification**
 - Taping or splints to **support and reduce pressure**
-

Prognosis

Most pain at the bottom of the foot improves with **conservative care** over a few weeks to months. Early treatment and following exercises reduce the risk of **chronic pain**.

References

- NHS – Foot Pain: www.nhs.uk/conditions/foot-pain
- Chartered Society of Physiotherapy – Foot & Ankle Guidance