

Aching Feet

Symptoms and Causes

The foot is a complex structure that bears your entire weight, which can cause pain and discomfort from activities such as walking and running. Aching feet can occur at any age and will likely be experienced by most people in their lifetime. However, when aching feet becomes a chronic condition that affects daily tasks, there can be an underlying cause.

The slightest misalignment of muscles and bones in the feet can cause problems. A well-functioning foot absorbs shock and protects the rest of your body from the stress of walking or running. Stabilised pronation (rolling in) unlocks the joint of the foot to allow it to have greater adaptability to the ground surface, allowing the foot to walk and run.

If your feet are not functioning correctly, the pressure on your joints and soft tissues is uneven, and other parts of the body must compensate. As a result, poor posture is developed, and pain can be experienced throughout the body.

How we help

If you are experiencing foot pain that will not disappear there is likely an underlying cause that will need addressing by a Podiatrist. A My FootDr Podiatrist can do a full assessment of your feet to determine a cause. The most common cause for aching feet is a biomechanical foot abnormality which is easily treatable. Custom foot orthotics can be made to fit into everyday shoes and assist with stabilising the position of the foot. This will aid in correcting posture and minimising symptoms of hip, leg and back pain experienced from incorrect foot positioning.

Your Podiatrist may advise simple changes, such as a change of footwear or remembering to rest after an activity. It is important to see a Podiatrist when aching feet occur, because if left untreated the pain will continue and other foot conditions can develop.

You can trust My FootDr's team of highly-qualified podiatrists to always provide that extra level of care and attention when delivering the best foot care solutions for you and your family. Our team will deliver you with world-class podiatry services, and work with you to tailor a solution that is individualised to your needs.

Book an appointment with
our podiatrists today

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