

# Foot Clinic

## CONDITIONS TREATED

- Achilles Tendonitis • Arch Pain / Arch Strain • Athlete's Foot • Bunions (Bunionettes)
- Callouses / Corns • Claw Hammer Mallet Toes • The Diabetic Foot • Heel Pain • Heel Spurs
- Ingrown Toenail • Knee Pain • Metatarsalgia • Morton's Neuroma • Morton's Toe • Neuropathy
- Overlapping Toes • Over Pronation (Flat Feet) • Plantar Fasciitis • Post-tib Tendonitis
- Sports Injuries • Shin Splints • Verrucae

## SERVICES INCLUDE

- Gait Analysis • FootScan • Orthoses

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## Arc Pain/Arch Strain

Arch Pain (often referred to as Arch Strain) is an inflammation and/or burning sensation at the arch of the foot.

There are many different factors that can cause Arch Pain. A structural imbalance or an injury to the foot can often be the direct cause. However, most frequently the cause is a condition called Plantar Fasciitis.

The Plantar Fascia is a broad band of fibrous tissue located along the bottom surface of the foot that runs from the heel to the forefoot. Plantar Fasciitis is caused by excessive stretching of the Plantar Fascia usually due to overpronation (flat feet).

The inflammation caused by the Plantar Fascia being stretched away from the heel leads to pain in the heel and arch areas. The pain is often extreme in the morning when an individual first gets out of bed or after a prolonged period of rest.

If this condition is left untreated and strain on the longitudinal arch continues a bony protrusion may develop known as a Heel Spur. It is important to treat the condition promptly before it worsens.

