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Introduction

Foot pain is a common and debilitating condition that affects millions of people worldwide. It can result from a wide range of causes, including injuries, medical conditions, and lifestyle factors. This review article aims to provide a comprehensive overview of the various aspects of foot pain, including its causes, symptoms, diagnosis, and treatment options [1].

Foot pain, a seemingly innocuous ailment, is a ubiquitous and often underestimated source of discomfort for people of all ages. Our feet, intricate structures comprised of numerous bones, muscles, tendons, and ligaments, bear the weight of our bodies and facilitate our mobility [2]. Consequently, when foot pain strikes, it can have a profound impact on our daily lives. This introductory overview delves into the intricate world of foot pain, shedding light on the multitude of factors that contribute to this pervasive issue [3]. From the excruciating sting of an acute injury to the persistent ache of chronic conditions, foot pain manifests in diverse forms, affecting individuals differently. Its causes range from simple overuse and ill-fitting shoes to complex medical conditions like arthritis and neuropathy [4].

Understanding the underlying reasons for foot pain is paramount not only for sufferers seeking relief but also for healthcare professionals

In cases where systemic conditions are suspected, blood tests can be employed to evaluate markers of inflammation, infection, or metabolic disorders [10].

Treatment

The treatment of foot pain depends on its cause and severity. Some common treatment options include:

Resting the affected foot and applying ice can help reduce pain and inflammation, particularly for acute injuries.

Physical therapy exercises can improve strength, flexibility, and gait, aiding in the recovery process.

Custom-made or over-the-counter orthotic devices can help correct biomechanical issues, providing relief from chronic pain.