

ACHING FEET

If you stand for a long period of time your feet will ache. For some people, their feet will ache even if they are only standing for a short period of time. Often this is because the bones of their mid foot (the mid tarsal joint) have buckled as their foot pronates to accommodate some anomaly of their foot or their leg.



'Normal' Foot



'Flat' Foot

People with flat feet are prone to tired and aching feet because the ligaments of their mid foot are chronically stretched. When you stand on the outside of your feet (to supinate the feet), the arch of your foot will be raised and the bones of the mid foot will be pushed together. As the ligaments which support the mid foot are no longer stretched, relief will follow.

The nature of your work - including occupational health and safety considerations - as well as the shape of your feet can greatly limit your success at finding shoes that are comfortable and that are deemed safe for your workplace.

Our podiatrists can diagnose why your feet ache and will provide you with a treatment plan to help overcome this fatiguing condition.