

Remote Ergonomics:

Weekly Newsletter #7 Foot/Ankle

Causes of Foot Pain

Foot pain can be caused by a wide variety of conditions, and may require different forms of treatment. Minor pain and injuries can be reduced with icing and rest, while major injuries may require medical attention, treatments, or surgery.

01 Plantar Fasciitis

Inflammation and micro-tears of the plantar fascia ligament. Causes burning, stabbing, or throbbing pain in the heels.

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02 Heel Spurs

Pointed, hooked or shelf-shaped calcium build-ups on the heel bone. May cause pain in the heel by irritating soft tissue.

03 Morton's Neuroma

Swelling of the nerves in the toes. Pain is felt in the toes and ball of the foot.

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04 Bunions

Painful deformity of the joint where the bones of the foot and the big toe meet. Can cause intermittent or chronic pain.

05 Arch Pain

Usually caused by inflammation of the tissues in the midfoot.

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www.heelthatpain.com

Give your feet a rest! Here are some tips to help your feet while working:

Shoes-

- Should conform to feet
- Have feet measured annually, standing
- Have shoes fitted at end of day not the morning
- Do not expect shoes to stretch

Shoe Inserts-

- If you try shoe inserts, make sure your shoes are large enough to accommodate the inserts

Anti-fatigue Floor Matting-

- If trying a floor mat make sure all edges are bevelled to prevent tripping.

Foot Rests-

- If you want a free option, you can try a sturdy box or tape a few old phone directories or similar together to ensure your feet are resting completely. This will help alleviate pressure on your legs.

Sit-Stand or Sit-Lean Stools-

- This will also give your legs and feet a rest by changing up your position.

FUN FACT!

THE 52 BONES IN YOUR FEET MAKE UP 1/4 OF ALL THE BONES IN YOUR BODY!

Common Problem:

Solutions:

Feet do not rest flat on ground when seated at desk

Lower chair so feet rest on ground OR place a foot rest under feet.

Feet hurt at end of the day

Make sure to wear comfortable, well fitting shoes if standing or walking around

Soreness in lower legs and/or feet

Make sure to take moving and stretching breaks! Try these foot and ankle stretches below.

Try these videos to stretch the feet and ankles!

1. [Standing Calf and Soleus Stretch: https://www.youtube.com/watch?v=EpDQaYLZcvA](https://www.youtube.com/watch?v=EpDQaYLZcvA)
2. [Top 3 Stretches for General Foot Pain: https://www.youtube.com/watch?v=AXSj_5pBAKw](https://www.youtube.com/watch?v=AXSj_5pBAKw)
3. [Plantar Facciitis Stretches & Exercises: https://www.youtube.com/watch?v=0PeVmTMdWhk](https://www.youtube.com/watch?v=0PeVmTMdWhk)

