

## What is it?

Foot pain can happen in any part of the foot. It can affect the toes, midfoot, ankles, arches and heels. Pain can be because of an injury, underlying health condition, bad fitting shoes or the structure of the foot. Foot pain is common, especially in people who are on their feet a lot, older people or people who are obese.

Common causes of foot pain include:

- Ingrown toenails
- Sprains/strains
- Flat feet
- Arthritis
- Gout

## What will my GP do now?

Your GP will check your foot and ask you about your health now and in the past. You may need an X-ray to see what is causing your pain. You may also need to do blood and urine tests. Your treatment will depend on what is causing your foot pain.

Your GP may give you advice about your foot pain and how to treat it. Treatment options might include:

- Wearing proper fitting shoes
- Wearing a cast or controlled ankle motion (CAM) boot
- Pain relief medication
- Weight loss

Your GP may refer you to a podiatrist, physiotherapist or orthopaedic surgeon. For very severe pain, or if you also have a fever, your GP may refer you to hospital.

## What questions could I ask my doctor?

- What is causing my pain?
- What activities should I avoid?
- Do I need any tests?



## What will my GP do in the future?

Your GP will check your foot pain after one-to-two weeks to see how your treatment plan is helping. If you don't think your foot pain is getting better, your GP may refer you to an orthopaedic surgeon for advice.

## What can I do?

Follow the treatment advice given to you by your GP. If you have a cast, care for it and return to your GP when it needs to be removed. Use pain relief if you need to. Wear firm shoes if you can to protect your foot. See your GP if you have any new pain or if your pain gets worse.

## What supports are available?

### Local

View this factsheet on the Health Resource Directory website ([www.healthresourcedirectory.org.au](http://www.healthresourcedirectory.org.au)) to find the right local supports and services for you.

## Where can I learn more?

- **Patient.info** – Heel and foot pain: [patient.info](http://patient.info)