

# Ankle & foot pain

## Information for Patients



**This leaflet has been written to give you the right information about ankle & foot pain and what you can do to help with your recovery.**

### What does my ankle/foot hurt?

Foot/ankle pain is very common. It can sometimes be concerning if it is very sore, but it is rarely because of anything serious. The foot and ankle joints are built to be very strong and good at their job of holding your weight, walking and jumping. They are very difficult to damage.

### What causes ankle/foot pain?

Most foot/ankle problems are things that develop with no obvious cause. In some cases, a change in activity can contribute to a foot/ankle issue e.g. standing up or walking for a long time, new footwear, starting a new job or doing more or less physical work than might be normal for you.

### What are the common symptoms?

**Pain:** Discomfort can vary with foot and ankle issues. In some cases the discomfort will be in the sole of the foot or more around the ankle.

**Stiffness:** Your foot and ankle may feel stiff or tight. This might mean that getting up first thing in the morning is more work or wearing certain shoes might be difficult.

**Noises:** Clicks, pops, clunks and grinds are very normal in all joints, including your ankle/foot, and in most cases are nothing to worry about.

### What can I do to help myself?

**Calm it down:** Often the best place to start with any painful complaint is to try and calm it down. In a lot of cases there will be things your feet/ankles like to do and some things that are less happy since your symptoms started. Calming it down simply means looking at the things it doesn't like and trying to make some adjustments or changes to make it easier for yourself.

For example, your foot might be sore first thing in the morning when you stand up or wearing certain shoes might now be uncomfortable. It might be that making sure you wear slippers as soon as you get out of bed or wear shoes your foot is comfortable with might be easy ways to make life a little easier whilst your foot/ankle is unhappy.

**Get your ankle/foot moving:** Movement is medicine for your body. Any movement is good movement, even if it is sore, however, if something is really painful then working around that movement is sensible.

Your feet and ankles are strong and that won't have changed since your symptoms started. Although it is sore, it remains robust and moving your foot as early as you can, can help improve your chances of a better overall outcome.

### Will it get better?

For most people, foot and ankle pain will not be a pleasant experience but reassuringly, it does have the potential to get better. By understanding the issue as best you can and by adjusting what is sore to then allow you to explore some exercise/s, is often the best formula for success.

If you would like to know more about foot and ankle pain or find a greater choice of exercises, you can explore our dedicated webpage.

**Search online: [Norfolk and Waveney MSK services](#) 'foot & ankle pain'**

## Exercises



Sitting with a scarf or band around your foot. Pull your toes up towards you and pull on the ends of the scarf/band to increase this stretch.

Complete little and often throughout the day.



Sitting with a scarf or band around your foot. Cross the end of the scarf/band over in your hand. Turn your foot outwards or inwards and pull on the end of the scarf/band that increases this movement.

Complete little and often throughout the day.



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