Tendonitis

Causes of Foot Tendonitis

Generally, foot tendonitis is caused by overuse and/or injury. In most cases the tendonitis develops as a result of initial strain, minor degeneration or a rupture of the tendon. Tendon inflammation is a secondary reaction. The following scenarios are likely to cause foot tendonitis:

- Running or walking up and down steep hills
- Activities on uneven ground
- Standing for long periods without rest
- Advanced age (tendons become brittle with age)
- Wearing the incorrect footwear during exercise or activity
- Flat foot types

Common Symptoms

Symptoms of foot tendonitis include pain, swelling of the foot, a "hot" feeling, pain at night and stiffness of the foot and ankle.

Foot Tendonitis Treatment

The first step to treating foot tendonitis is to stop activity immediately. You should then apply the R.I.C.E. method (Rest, Ice, Compression, Elevation). You should never apply ice directly to the skin overlying the area. Always wrap the ice pack in a towel prior to applying to the area. Only apply ice in 20-minute intervals. If required, you can take regular over the counter anti-inflammatory medication. You should continue with this style of treatment until your foot tendonitis symptoms go away.

If symptoms do not subside quickly or the tendonitis keeps recurring, you should consult our office. We will give you a full examination and may recommend a comprehensive treatment plan to resolve your symptoms.

Prevention Tips

Here are some tips to help you prevent foot tendonitis from occurring:

- Always wear appropriate footwear.
- Try to avoid running on uneven surfaces.
- If your shoes do not fit properly buy some insoles to support your feet.
- Always warm up and stretch correctly before sport or exercise.
- If you are returning to sport or exercise after a period of absence, always ease back into it. Your tendons lose their elasticity with inactivity and will be more prone to injury.