

Enjoy Pregnancy Without Foot Pain

“Oh, my aching feet!” Contrary to belief, pregnant women don’t have to deal with foot pain during their pregnancy. The American College of Foot and Ankle Surgeons (ACFAS) offers remedies to help alleviate foot pain so women can better enjoy their pregnancies.

PAINFUL, SWOLLEN FEET

Pregnant women often experience throbbing, swollen feet due to excess fluid build up (edema) in the feet from the weight and position of the baby. To reduce swelling, put feet up whenever possible; stretch legs frequently; wear wide, comfortable shoes and don’t cross legs when sitting.



ARCH PAIN

Pain in the arch can be due to both arch fatigue or the flattening of the arch (overpronation). The best way to prevent arch pain is to stretch daily in the morning and before and after any exercise, do not go barefoot and wear supportive low-heeled shoes.



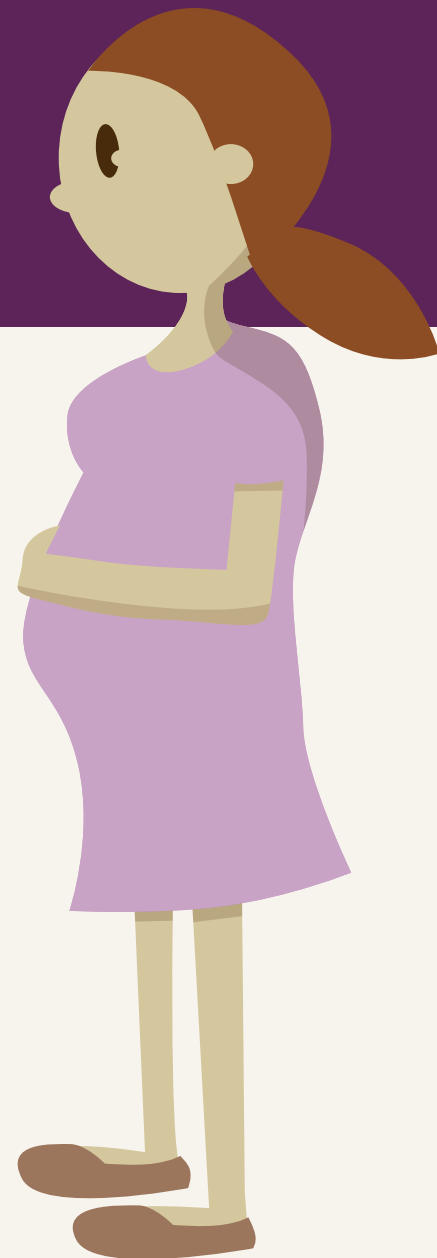
INGROWN TOENAILS

Excessive stress from tightly fitting shoes causes painful ingrown toenails. Give your feet a break: wear wider shoes during the last trimester to avoid ingrown toenails. If you experience an ingrown toenail, don’t do “bathroom surgery.” Repeated cutting can cause the condition to worsen over time; seek treatment with a foot and ankle surgeon.



GROWING FEET?

It is not uncommon for women to experience a change in their foot size during pregnancy. A permanent growth in a woman’s foot, up to half a size, can occur from the release of the same hormone (relaxin) that allows the pelvis to open to deliver the baby. It makes the ligaments in your feet more flexible, causing them to spread wider and longer.



Pregnancy and pending motherhood should be a joy! If foot pain persists, a visit to a foot and ankle surgeon can provide relief with conservative treatments, such as physical therapy, foot orthotics, supportive shoes and minor toenail procedures.

Visit FootHealthFacts.org for more foot and ankle health information.



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