



FEET FIRST ARCH SUPPORTS

"your root to better health"

Common Foot Ailments

"It is never too early to start looking after your feet. It is hoped that by adopting good basic principles of wearing sensible fitted footwear from an early age, it will continue throughout a person's lifespan. "However, there are those everyday challenges of footwear and fashion, for example, high heeled footwear, which can challenge these principles.

"Our feet are mechanical marvels that help us get from A to B – sadly we only get one pair, so look after them."

BUNIONS **Bunion** is a protrusion that extends on the outside of the big toe. The metatarsal bone behind the big toe becomes prominent causing the foot to become wider. When this occurs, the big toe leans in toward the second toe rather than remaining straight, and this cause the bones to move out of alignment. Bunions generally are an inherited ailment due to a compromised structure of the foot, which causes an individual to become prone to developing a Bunion. However, there are various factors that may apply such as, a flat foot's changing position of the joint, and the foot's function with the changing position. Pain, inflammation and redness, or a burning sensation, are common symptoms of a hurting Bunion.



Feet First Arch Supports are ideal insoles when used to offer relief for the painful bunion(s), in that these orthotic arch supports remove the majority of the individual's weight off from the bunion(s) and centers the weight directly in the center of the arches. Immediate relief is experienced when the pressure that is normally being applied to the front of the foot is no longer a factor.

It is also important to wear footwear that does not constrict the foot, but allows the necessary room for the wider width of the fore foot.

CORNS & CALLUSES

Corns and Calluses are thickening skin that develops in the areas of pressure. A corn is a hard thickening of the skin usually located on the outer surface of the little toe or on the upper surface of the other toes. It appears as a cone shaped mass pointing down into the skin. A callus is more common on the toes, but can also occur under the ball of the foot. Pressure continually being applied to an area will develop this thickening of the skin. Corns and Calluses are the body's natural way of protecting the area, but too much of this protective covering can become painful.



It is very common for corns and calluses to appear where the footwear that is being worn is too tight; or due to an abnormal gait, this can apply pressures to other areas of the



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foot. [Hammer toes](#) are a very common condition where the tops of the bent toes rub onto the tops of the shoes and where the bottom of the toe is striking the ground. This condition is very prone to corns and calluses and is one of the most painful foot problems. When the pressure is removed from an area, then the body will cease its skin thickening process.

Because [Feet First Arch Supports](#) align the bones of the feet, they can correct some biomechanical abnormalities that can be prone to create corns and calluses. Also, with the metatarsal lift on these insoles, this alleviates the majority of the pressure that would normally be applied to the ball of the foot that can cause painful calluses. Proper footwear is also essential in the success of pain free feet.

FLAT FEET



Flat Feet (also referred to as Low Arches) are a result of an arch or instep of the foot that has collapsed and touches the standing surface, also known as a fallen arch or pronation of the foot. The fallen arches are a result of a weakening tendon that is responsible for shaping the arch. When this occurs it causes a problem with the alignment of the four arches, being the Metatarsal Arch, Inner and Outer Longitudinal Arch, and the Transverse Arch.

Symptoms of a flat foot are the appearance of the foot to be flat; pain and swelling can occur with flat feet, as well as the development of corns and calluses. Lower back, hip, knee and ankle pain is very common with flat feet, because once the alignment has been compromised this can create a host of problems. Another problem is the breakdown of the footwear. The shoe will show uneven wear towards the inside of the foot.

There are two types of flat feet. Flatfeet can be either flexible or rigid. This type of flat foot is a normal condition and generally does not cause pain or need treatment. The inflexible flat foot, is a foot that is stiff, inflexible, causing pain. A stiff foot may be the result of a bone abnormality in the foot, an injury or disease (Diabetes or Rheumatoid Arthritis). Also, age, obesity, and pregnancy can cause the flat foot condition.

[Feet First Arch Supports](#) align the four arches of the foot, taking the stress off from the joints, as well as supplying a strong support base that can offer the relief of lower back, hips, knees, and ankle strain.



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HEEL SPURS



A heel spur is a buildup of calcium which occurs from **excessive** activity such as running, jumping, or doing heavy lifting. This can create a tremendous amount of strain on the fascia tissue which can cause inflammation, and resulting in a pulling away from the heel bone. [Heel spurs](#) can be extremely painful when you are standing or walking on an inflamed area. Stretching exercises are beneficial in that they help to keep the fascia and the surrounding tissues strengthened.

[Heel spurs](#) are very often interchanged with the condition called [plantar fasciitis](#), but [heel spurs](#) can develop in other areas, for example, on the back of the heel not just at the front and bottom of the heel.

Feet First Arch Supports have proven to be effective in the use of providing relief to [heel spurs](#) that are located at the front and bottom of the heel, in that these devices center the body's weight in the middle of the arches. It removes the pressure off from the heel preventing the continual agitation and allows the calcium deposits to break down. Also, by correcting the alignment of the body and supplying the needed support, the excessive activities that one partakes in will not be so overwhelming for the body and feet because of the support and straightening of the structure that the Dynamic Orthotic Arch Supports™ has reportedly provided. For [heel spurs](#) that are at the back of the heel, it is necessary to prevent the rubbing action which aggravates the spur.

HAMMER TOES



A hammer toe is a curled toe which is bent at the middle joint causing the toe to be bent upward while the tip of the toe is bent downward. It commonly affects either the second, third or fourth toe. When a hammer toe first develops it is still very flexible, and during the initial stages it can still be bent back to its normal position. If the toe is not treated it could become rigid and require surgery for correction.

A common sign first seen to indicate the symptoms of a hammer toe is a corn on the top of the toes. Hammer toes are one of the most painful foot conditions because when the toe is pushed up it causes the toe to press against the top of the shoe, and while the end of the toe is pushing on the ground at every strike, causing the toe to become flat, and developing a corn on the bottom of that toe as well.



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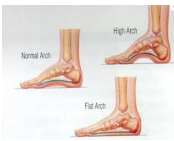
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A common cause of hammer toes is the wearing of improperly fit shoes. Wearing high heels that are narrow at the toe tend to push the toes back into an abnormal position. For some people the hammer toes can be a hereditary condition or they may be the result of weaker small muscles in the foot.

[Feet First Arch Supports](#) are very effective insoles that provide relief for the hammer toes. The metatarsal lift on these supports accommodate a significant lift, which elevates the hammer toes from the normal striking position to where the toes will be raised and resting providing immediate relief. Also, again it is very important to wear shoes that do not squeeze the foot and provide a deeper toe box to allow the necessary room for the hammer toes.

HIGH ARCHES



An excessively high arch also called an instep on the bottom of the foot. High arches run from the toes to the heel. There is a great deal of stress placed upon the foot between the ankles and the toes which tend to cause pain. It is also very common for claw toes or [hammer toes](#) to develop with high arches. Individuals with high arches usually need an orthotic to stabilize the foot.

[Feet First Arch Supports](#) are ideal tools for this problem where as they center the weight so that it corrects the balance of the foot not allowing the foot to turn to the outside, called supination, which is very common problem for people with high arches. These appliances also give the needed support for the high arches as well as taking the pressure off from the forefoot and toes, preventing the gripping action that can lead to the claw or [hammer toes](#).

Another common problem with high arches is the difficulty in fitting shoes. An ideal shoe is one where the shoe has a long vamp that can be pulled further down to allow the room needed to insert the foot.

MORTON'S NEUROMA / METATARSALGIA



In the ball of the foot there are five metatarsal heads, these are the ends of the bones that are called metatarsal bones which are the longest bones in the foot. Metatarsalgia is a common cause of pain in the sole of the foot, which can be felt as a dull or sharp pain. Because of the continual pressure being applied to the ball of the foot, calluses can be found on the sole of the foot under the metatarsal heads.

Metatarsalgia is the result of the four arches; metatarsal arch, inner and outer

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For serious foot related problems, please consult your physician.



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longitudinal arches, and transverse arch, where ligaments that are like strong cords or ropes connect the bones to provide stability to the joints.

Over time, with our daily activities, the wear and tear on the feet can cause these ligaments to become stretched and lose their strength and effectiveness, and then the metatarsal arch loses its shape and more pressure is then applied to the metatarsal bones, causing toe joints to become inflamed and stiff causing pain. If this occurs, it is likely to be Metatarsalgia which affects the ball of the foot under the 2nd, 3rd, and 4th metatarsal. If one or more of your toe joints becomes inflamed and stiff causing pain, or often times a burning sensation is felt, it is very likely that Metatarsalgia is the cause.

Another problem associated with Metatarsalgia which causes pain in the ball of the foot, is the condition called Morton's Neuroma. This is where an abnormal function of the foot leads to bones squeezing a nerve usually between the 3rd and 4th metatarsal heads.

Feet First Arch Supports have proven themselves successful with the foundational support that they offers, putting the bones, muscles, and ligaments back to their proper places, also supplying a metatarsal lift that has a significant lift to it which accommodates taking a great deal of pressure off from the balls of the feet; off from the metatarsal heads and pinched nerves, caused by Metatarsalgia or Morton's Neuroma. This insole is very effective and adaptable. Also, the use of proper footwear is important. Wearing a shoe that is designed to the shape of your foot and offering a deeper toe box is essential.



PLANTAR FASCIITIS



Plantar fasciitis is an inflammation of the plantar fascia stretching from the heel underneath the sole. When stress is present this can cause the tissue to pull away from the heel bone and calcium can build up to form the heel spurs. With plantar fasciitis, the pain generally occurs first thing in the morning as you put your foot down to the floor and again in the evening after a period of rest. It is when applying weight onto the inflamed tissue causing the heel spurs to dig into tender tissue that creates the pain.



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Some causes of plantar fasciitis are standing for long periods of time on your feet, being overweight, and a lack of a good arch support, keeping the arches in alignment. Stretching of the Plantar Fascia first thing in the morning can help to reduce and eliminate the pain, along with taking periods of rest. Ice after activity and taping or wrapping of the arch can help. The most aggressive treatment is an arch support system to hold your arches in alignment creating balance with every step you take.



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The design of [Feet First Arch Supports](https://feetfirstarchsupports.com/) is such that when walking these insoles support the arches and keeps the continued stretching action as you walk, at the same time these orthotics remove the pressure from the heels and bears the weight in the middle of the arches. The success of this insole has been tremendous for the healing of plantar fasciitis.

We can maintain the foundation by listening to our feet and being proactive in caring for them. Within the foot lies all the parallel lines that run through our bodies and this has the ability to heal ailments that run through all areas extending beyond the foot, this includes the eyes.

Thank you, for taking the interest, for more information, Please visit our Website at

<https://feetfirstarchsupports.com/>



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