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Get the Best Treatment for Foot Issues by AlenaRuan

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Do you feel pain when you walk or your first steps in the morning? Does it hurt you when you climb the stairs or an inclined plane? Well, there can be a lot of reasons behind the pain in your foot and owing to our busy schedules it gets difficult for one to get the best treatment for it. If you have been suffering from pain from long then it is advised that you get it inspected by a medical expert. Read on to learn more about the different foot ailments which can make walking painful to you.

Starting with ankle sprain which is one of the most common foot issues, it happens due to stretching of the tendons near the ankle. If you suddenly start running one day then you can get your ankle sprained. The other cause of this issue is weight gain. An increase in body weight is difficult for our feet to handle and it can become difficult for the ankle to perform without showing wear and tear. Hence ankle sprain is suffered by a majority of population around the world and it can be taken care of by going for some corrective measures as mentioned below.

The other ailment which can make walking difficult for people with a high arched or flat foot is Plantarfasciitis. This medical problem affects active people of age forty to seventy and is triggered by an inflamed arch of the foot. If you run a lot on uneven surfaces and have gained a lot of weight lately then you might be a victim of it. Otherwise wearing shoes with poor quality sole can also be a cause of Plantarfasciitis. One can get to know about this foot issue if one experiences pain while climbing the stairs or running long distances.

When it comes to healing these issues one can start with applying ice to the affected area. This subdues the pain and swelling and makes it easier for one to walk. You can also go for straps, cups which you can tie around your foot. Else, if nothing seems to work out then you can pop a couple of painkillers and get it checked by experts. Plantar fasciitis and Ankle sprain affect a lot of people these days and it can be directly related to weight gain. So keep a check on your protruding mass and keep it low for a healthy life.

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The writer is an expert of a plantar fasciitis. He can also fix a ankle sprain in a jiffy and advised his clients to lose their weight.

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