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the foot is the lowermost point of the human leg the foot s shape along with the body s natural balance keeping systems make humans capable of not only walking but also running climbing the foot is a part of vertebrate anatomy which serves the purpose of supporting the animal s weight and allowing for locomotion on land in humans the foot is one of the most complex structures in the body the many bones ligaments and tendons of the foot help you move but they can also be injured and limit your mobility this article will give an overview of foot anatomy and foot problems that come from overuse injury and normal wear and tear of the foot how to ease foot pain at home ankle anatomy the ankle joint also known as the talocrural joint allows dorsiflexion and plantar flexion of the foot it is made up of three joints upper ankle joint tibiotarsal talocalcaneonavicular and subtalar joints the last two together are called the lower ankle joint this article looks at the structure of the foot including bones muscles ligaments and tendons and some of the common conditions that affect it medical news today health conditions anatomy of the foot and ankle bones and joints ligaments muscles and tendons nerves introduction a solid understanding of anatomy is essential to effectively diagnose and treat patients with foot and ankle problems anatomy is a road map most structures in the foot are fairly superficial and can be easily palpated metatarsalgia met uh tahr sal juh is a condition in which the ball of your foot becomes painful and inflamed you might develop it if you participate in activities that involve running and jumping there are other causes as well including foot deformities and shoes that are too tight or too loose from fallen arches to calluses to sesamoids and beyond take a comprehensive look at the causes and treatment of foot pain injuries health conditions and pain diagnosis and treatment prevention summary pain on the top of the foot often occurs due to overexertion or injury however several chronic conditions can foot health pain on top of foot treatment based on cause by aubrey bailey pt dpt cht updated on january 24 2024 medically reviewed by adam h kaplan dpm print table of contents causes without swelling causes with swelling treatment when to have a foot scan when to see a provider diagnosis treatment prevention pain on the bottom of your foot can be caused by

many things from ill fitting shoes to activities like long distance running or walking for jobs that require long hours on your feet bottom of the foot pain is an occupational hazard what does it mean when the top of my foot is hurting pain on the top of your foot typically results from injury whether overuse from running or jumping or wearing shoes that are too tight inflammation or swelling bruising on your foot what are the causes of ball of foot pain a person can develop pain in the ball of their foot due to a number of factors and it s important to symptom checker about this symptom checker get emergency medical care or see your doctor as soon as possible if schedule an office visit if choose a symptom selected select related factors view possible causes foot pain or ankle pain in adults find possible causes of foot pain or ankle pain based on specific factors 1 athlete s foot is most commonly caused by walking in damp areas it can be highly contagious athlete s foot is a fungal infection of the skin usually found between the toes however what is metatarsalgia metatarsalgia is a common overuse injury the term describes pain and inflammation in the ball of your foot it s often thought of as a symptom of other conditions rather causes inflammation and pain in the joints with 28 bones and more than 30 joints in the foot arthritis is a common culprit of lateral foot pain in osteoarthritis sometimes known as the wear foot pain is often caused by improper foot function poorly fitting shoes can worsen and in some cases cause foot problems shoes that fit properly and give good support can prevent irritation to the foot joints and skin

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