

## Nodules on the Sole of the Foot

We've successfully treated many patients with various types of painful foot conditions. Adjusting and realigning the tiny bones and joints of the feet can have amazing results with foot pain.

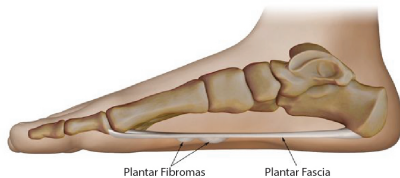
Plantar fasciitis is one of the most common foot conditions that patients come in to see us for. On occasion some foot patients may also have small to medium sized tender bumps or nodules in the arch area. Although they are often painful and tender to touch, these nodules can also be painless.

Unlike plantar warts, which grow on the surface of the skin, these nodules develop within the plantar fascia, a tendinous tissue that spans from the heel to the toes to support the longitudinal arch of the foot.

With repetitive stress and the constant pounding forces associated with taking thousands of steps every day, the bones and joints of the feet will often lose their healthy alignment. This misalignment pattern may cause the arch to collapse and the plantar fascia to become overstretched.

Continued stress on the foot will leave the plantar fascia susceptible to chronic overstretching and injury. Microtears will begin to develop in the plantar fascia near its attachment at the heel. Then the body's natural reparative processes will lead to chronic thickening of the fascia and eventually a heel spur will develop.

Although the most common site of plantar fascia stress is experienced near its attachment at the heel, some individuals will develop increased stress, injury and microtearing in the plantar tissues in the mid arch region. As these midfoot, fascial injuries and microtears begin to heal, the tissue will thicken as it had in the case of the classic plantar fasciitis patient. However as opposed to a bone spur, in this location one may develop something known as a plantar fibroma.



Chiropractic adjustments to the misaligned heel and other bones of the foot will relax the excessive tension and strain from the injured plantar fascia. Adjustments have a restorative, healing effect on the plantar fascia, muscles and ligaments of the foot.

Patients will often respond well with chiropractic foot adjustments, so much they can avoid surgery. Every case is individual and response rates vary. If you've noticed that you have been developing plantar fibromas or little, tender bumps on the sole of your foot, you should mention it to us during your next appointment.

## Buying Shoes to Achieve the Best Comfort

Since our clinic is so focused on treating foot conditions, patients often ask questions such as, "what kind of shoes should I wear?" Although we may be able to provide some guidance on this for certain patients, it really comes down to knowing how to select the best shoe for you based on the fit and comfort. Here are some of specific things to look for, as well as the dos and don'ts to consider when purchasing new shoes.

### 1. Shop for the larger foot.

In many cases both feet aren't created equal. People will often have one foot that's slightly larger than the other. It may only be a couple millimeters difference, but when that difference is present it's important to measure your largest foot and find the best fitting shoe for that foot.

\*Special note for women: Women will often lose their healthy arches during a pregnancy. This is due to the hormonal changes causing ligament laxity combined with increased weight gain over that nine month period. It's not uncommon for women to experience their feet increasing a half-size or even a full size.

### 2. Have your feet measured.

This seems like an obvious point, but most people don't have their feet measured when buying a new pair of shoes. Merely assuming what size shoe you need may lead to improperly fitting shoes. For example you may assume you wear a size 10 shoe and because the first pair you try on feels fine you make the purchase. However if you would have had your foot measured first, you may have been told that you should select a half-size larger.



### 3. Buy the correct width.

One challenge that some people have when buying new shoes is finding a pair that with a suitable width. Many shoe manufacturers do not take into account those with narrow or wide feet. As a result that leaves a lot of consumers either stuffing their feet into a tight pair of shoes or having their feet swim around inside their shoes. When you have your feet measured they will normally evaluate the width as well as length. If not you should ask the shoe clerk to do so. Then if necessary you can search for a shoe brand that offers the appropriate width.

### 4. Improve the flexibility of your feet.

If you have stiff, non-flexible feet, you may have a more difficult time finding a comfortable pair of shoes. People who get their feet adjusted have more flexibility. This will allow your feet to acclimate to a broader range of shoe types and enjoy a higher level of comfort.