

The soles of the feet are extremely sensitive to touch due to a high concentration of nerve endings, with as many as , per sole. This makes them sensitive to surfaces that are walked on, ticklish and some people find them to be erogenous zones.

Facebook Do you hobble out of bed every day because your feet hurt so much to step on first thing in the morning? It could be plantar fasciitis. Plantar fasciitis is one of the most common causes of foot pain in adults. It is caused by a strain of the ligaments in an area of the foot called the plantar fascia. This is a thick, pearly white tissue with long fibers that begins at the heel bone and then fans out along the under surface of your feet to the toes. As you know, our poor feet have to withstand a great deal of strain each day as we walk on them, run on them, stand all day, or squeeze our feet into uncomfortable shoes. The most common symptom of plantar fasciitis is pain beneath the heel and sole of the foot, but the pain can be felt anywhere along the underside of the feet. The pain is usually worst when initially stepping onto your feet, particularly when first getting out of bed in the morning or when getting up after sitting for some time. Fortunately there is a lot that can be done about this common condition. Who is most at risk of plantar fasciitis? Plantar fasciitis is most common in runners, but can occur in anyone and there are several other risk factors, including: Wearing incorrectly fitting or inappropriate running shoes Running on excessively hard or unstable surfaces Weakness in the muscles of the feet Having flat feet Being overweight Having high arches Having excessively high levels of inflammation in your body due to poor diet eg. Cortisone injections are sometimes used in unresponsive cases, although they are usually not very effective. Foot biomechanical issues are certainly important to address, however it is also critical to address internal factors. Systemic inflammation can be caused by several factors; the most common ones include poor diet, immune system disorders allergies or autoimmune disease , chronic infections, diabetes and obesity fat cells manufacture inflammatory chemicals , and having a fatty liver. The most significant factor is diet. Certain foods significantly raise inflammation in your body; these foods include gluten, wheat, sugar, alcohol, artificial additives, dairy products and any food you are allergic to. Getting rid of these foods from your diet can significantly reduce the level of inflammation in your body and, in that way, ease the pain in your feet. Here are my recommendations: Base your diet on vegetables, salads, protein and healthy fats. Pastured grass fed meat, poultry and eggs are high in omega 3 fats and have an anti-inflammatory effect. Good fats also help to reduce inflammation and they include olive oil, macadamia nut oil, avocados, pastured ghee and coconut oil. Get rid of sugar, junk food and gluten from your diet. These foods irritate your immune system and promote the growth of harmful bugs in your digestive tract. They are also addictive and promote hunger and cravings. It is a lot easier to avoid those foods if you are eating adequate protein and healthy fats because they are so satiating. If you really struggle with sugar cravings, help to stabilize blood sugar and can make sticking to a healthy diet much easier. You may want to try Serrapeptase. This is a natural enzyme with a powerful anti-inflammatory effect in the body. It basically acts like Pac Man to clean up cellular debris in your body. In this way it reduces swelling and pain. It is gentle on the stomach and, in fact, needs to be taken on an empty stomach for maximum benefits. Glutathione is another anti-inflammatory substance but this one is made in your own body. It helps to mop up free radicals and in that way protect the tissues of your body from wear and tear or damage. Glutathione is made from the amino acids glycine and cysteine, which are present in protein rich foods such as red meat particular the skin and joints , seafood, poultry and eggs. Find out if you have a food allergy or intolerance. If you continually eat a food your body is not able to tolerate, it places an enormous strain on your immune system and leads to elevated inflammation. You may need the help of a naturopath to work this one out. Drinking raw vegetable juice is a fantastic way to lower inflammation. Try to use a variety of vegetables and the more vibrantly colored, the better. Ginger, pineapple and turmeric are particularly anti-inflammatory. Painful feet are an incredibly common problem that can be very frustrating. These recommendations should help, but please see your own doctor for an accurate diagnosis. The above statements have not been evaluated by the FDA and are not intended to diagnose, treat or cure any disease. You May Be Interested In:

Chapter 2 : What Causes Sore Soles of Feet and How to Get Relief? - EnkiVeryWell

The soles of our feet can be used excessively, especially if you're an athlete or if you spend most of your day standing or walking. Because they are used so much, they are susceptible to problems like injuries and conditions.

John is a medical writer and editor with more than 15 years experience in the field. She is a former medical officer for the Centers for Disease Control and Prevention. Is the cause of your itching internal or environmental? Video of the Day Several conditions can cause this symptom, including a skin infection or infestation and contact with irritants, among others. See your healthcare provider for an accurate diagnosis and appropriate treatment if you or your child experience itchy feet. The condition occurs when fungus infects the superficial skin layers of your feet and toes. Contact Dermatitis If you suddenly develop itchiness on the bottoms of your feet, it might signal a reaction to something in the soles or insoles of a new pair of shoes. Removable shoe inserts used to support your arch or adjust the fit of your shoes are another possible culprit. This condition, known as contact dermatitis, occurs when skin inflammation or an allergic reaction develops in response to direct contact with an irritating substance. The offender could be a chemical in the material used to form a shoe sole, insole or insert, or glue used to affix an insole. Itchiness of your soles due to contact dermatitis typically goes away if you stop wearing the problematic shoes. Pitted Keratolysis If a foul odor accompanies your itchy foot bottoms, the cause might be a condition called pitted keratolysis PK. This superficial bacterial infection involving the soles also causes a tiny, superficial skin erosions. Some people also experience a burning sensation. Persistently sweaty or otherwise wet feet predispose you to the development of PK. This can happen if you work in conditions wherein your feet get wet frequently or wear footwear made of non-breathable materials like rubber or plastic. Other Causes There are other possible causes for itchy soles. Sweaty sock syndrome, or juvenile plantar dermatosis, is a consideration among children and tweens. An alternating cycle of foot wetness and drying damages the superficial skin the soles causes this noninfectious condition characterized by a red, scaly rash. Keeping the feet dry and use of an emollient to prevent skin drying are the cornerstones of treatment for sweaty sock syndrome, which usually clears up permanently around the age of puberty. Several other conditions are considerations if other areas of the body in addition to the soles of your feet exhibit itchiness, with or without an accompanying rash. Scabies - a skin infestation caused by human itch mites Psoriasis - a chronic skin condition Neuropathic itch - itchiness caused by a nervous system problem or a condition that irritates the nerves that carry itch sensations Lose Weight.

Chapter 3 : How To Get Rid of The Soreness In Your Feet

The most common symptom of plantar fasciitis is pain beneath the heel and sole of the foot, but the pain can be felt anywhere along the underside of the feet. The pain is usually worst when initially stepping onto your feet, particularly when first getting out of bed in the morning or when getting up after sitting for some time.

References Whenever we are in the standing position, whether walking, running or just standing, the entire pressure exerted by our body is borne by the soles of the feet. Our feet act as shock absorbers as well as a lever and each foot is provided with 26 bones and various ligaments attached to it. Continuous wear and tear can lead to sore soles of the feet as well as any other part of the foot. It can affect the heels, the arch or the curve in the middle of the foot or the balls of the feet. We will look at the common and not so common causes of sore soles of feet. Plantar Fasciitis This is the most common types of pain associated with the heels of the feet. A tissue called plantar fascia is present from the bottom of the foot and connects the heel bone to the toes. There is pain and inflammation of this thick band of tissue, which causes stabbing pain, especially with the first steps taken in the morning. As the day progresses, the pain subsides, however it can reappear after standing for long duration or getting up from a sitting position. This condition commonly affects runners. People at risk of developing this condition are overweight individuals and people wearing ill-fitting shoes without adequate support. How to get relief Given below are some home remedies which can be tried to reduce the painful soles of feet caused due to plantar fasciitis: Have the ideal body weight, so that it does not over stress the plantar fascia tissue b. Invest in good footwear with sound support to the arch, shock absorbers and low to medium heels. Avoid wearing high heels and going bare foot on hard surfaces. Wearing worn-out shoes can cause problems. Shoes should be replaced before the cushioning and support is lost. If you are a runner, you should change your shoes after every miles of use. If you are walking or jogging, you should switch to sports which are low impact like swimming or bicycling. An ice compress should be placed on the painful area of the soles for 15 to 20 minutes, 3 or 4 times in a day. Another way is to get an ice massage. It involves freezing a paper cup filled with water and rolling it on the affected region for minutes. Doing this regularly can help relieve the pain and inflammation f. Simple exercises at home can help in stretching the plantar fascia and other muscles like calf muscles and also the Achilles tendon. Doing the toe, calf and towel stretches first thing in the morning and then several times a day can be very helpful. Towel stretches involve pulling on both ends of a rolled towel, which has been placed under the balls of the feet. Having an abnormal gait, wearing inappropriate shoes, having incorrect posture or walking or running styles can cause an abnormal growth in the heel bone at the bottom and is referred to as Heel Spurs. These can be seen in people suffering from plantar fasciitis, however, heel spurs do not cause plantar fasciitis. Individuals who have flat feet or very high arches are more susceptible to suffer from heel spurs and complain that the bottom of my feet hurt. Besides causing sore soles of feet, heel spurs cause a knife stabbing or pin sticking like pain in the soles, when they first put their feet down in the morning. As the day progresses, it turns to a dull ache. The stabbing pain is felt again after a person stands up after prolonged period of sitting down. The treatment for heel spurs is as follows: Heel Pad cutout Using orthotics or custom made inserts in the shoe Shoes which fit well and have shock absorbers Using OTC painkillers.

Chapter 4 : How to Treat Eczema on the Soles of Feet (and Get Relief from Pain)

If you have it on the soles of your feet, you may also experience it elsewhere. It usually occurs on the fingers, hands, and toes. As far as other problems, though, they are rare.

Overview Our feet take a lot of abuse. According to the American Podiatric Medical Association, they log an impressive 75, miles by the time we reach The bottoms of your feet are padded with shock-absorbing fat. What are the symptoms? A bruise is called a contusion in medical terms. They can occur anywhere on the body when your soft tissues are injured. Following the injury, small blood vessels under the skin break and allow blood to leak out. Initially, the bruise might be tender and reddish or purplish. As it heals, the tenderness subsides and the blood will be metabolized. As this occurs, bruised skin turns from red to bluish to yellowish, and finally back to normal. It generally takes about two weeks for a bruise to resolve completely. In some cases, your foot may feel as though it has a bruise. This may be because the broken blood vessels lie deeper under the skin or because your skin is thick, camouflaging the pooled blood. There are a wide variety of reasons why the soles of your feet may bruise. **Sports injury** Your heel pad takes the brunt of the impact when your foot lands after moving forward. The bruising often results from repetitive, forceful heel strikes. These can occur while playing basketball or volleyball, or running or tackling the long jump in track and field competitions. People who do a lot of marching, such as musicians in a marching band or people in the military, are also at higher risk. **Aging** Part of the normal aging process is the thinning of skin and the loss of collagen and fat deposits throughout the body. Have you ever noticed a thinning in the face in older people? The same goes with the fatty pads on the heel and ball of the foot. This makes the sole more prone to bruising. Without proper protection, a pointy rock, sharp stick, or other debris can easily damage soft tissue and create a bruise. **Fractures or breaks** An injury severe enough to damage a bone is also severe enough to break the blood vessels under the skin and cause bruising. Depending on where the injury is, you can experience bruising on the bottom of the foot. **Metatarsalgia** This condition, also known as a stone bruise , is generally caused by a change in the way you walk. The toes may also be numb or tingly. You may also have bruising on the ball of the foot. **Plantar fascial rupture** Plantar fasciitis is a common cause of heel pain that occurs when the plantar fascia becomes injured and inflamed. The plantar fascia is the tough, fibrous band that connects the toes to the heel bone. This is more common in athletes due to repetitive, forceful movements in sports. **Lisfranc injury** Named after a 19th century French surgeon, a Lisfranc injury occurs when the bones or ligaments of the midfoot are broken or torn. The midfoot is important for stabilizing the arch. This injury often occurs following a slip and fall. Symptoms include pain and swelling on the top of the foot, as well as bruising on the bottom. **Medications or bleeding disorders** Medications, such as the blood thinners warfarin Coumadin or rivaroxaban, make it easier to bruise areas of the body. This includes the bottom of the feet. Certain diseases can also result in easier bruising, such as hemophilia or thrombocytopenia.

Meditation on the Soles of the Feet Training From Singh, Lancioni, Winton, Adkins, Singh & Singh () Skill Controlling the urge to be physically or verbally aggressive.*

The feet are always exposed to various conditions such as extremes in temperature, moisture and stress, which can leave them vulnerable to skin irritations or even fungal infections, leading to itchiness in the soles of feet. Considering that there are various conditions behind such discomfort, this irritating itchiness should be treated depending on the root cause while there are some home remedies which can help relieve the itchiness for mild causes. Causes of Itchy Soles of Feet Itchy soles may be brought about by a variety of factors. Natural factors such as aging and insect bites are common causes, but personal habits such as walking with bare feet and wearing sweaty socks and shoes can also contribute. Others get itchy feet from infections, allergies and other conditions. Dry Skin Xerosis cutis, or dry skin may be caused by aging, some medical condition like allergy or malnutrition or some external factors such as harsh skin products, cold weather, physical stress or low humidity. These can cause skin cracking and itchiness of the soles, which may be relieved by applying moisturizing skin lotions and creams regularly. Symptoms include skin dryness, scaly rashes, and itchiness. Acute infection causes red, inflamed rashes with blisters. Scratching the blisters leads to further irritation. Fungal infection may be treated with antifungal medications and symptoms may be relieved by application of topical corticosteroids. Lesions can appear as thick and scaly skin in small circular areas or as large but less distinct skin lesions. Eczema may be caused by overexposure to sweat or moisture or by very dry skin exposed to excess heat or low humidity. Treatment consists of topical ointments and creams to help balance skin pH, rehydrate the skin, and protect it from sweat or excess dryness. Inflammation may be reduced using topical corticosteroids. Contact Dermatitis Skin contact with an allergen or irritants can cause red skin, rashes and itchy skin. Skin irritants include chemicals in shoes, skin products, perfumes, medications with neomycin, and other allergens that trigger allergic reactions in the skin of the foot. Use topical and oral corticosteroids to reduce inflammation and lotions and creams to soothe itchiness. Consult an allergist or a dermatologist for patch testing, which helps identify the offending allergen which causes the rash. Dyshidrosis This uncommon skin condition appears as small blisters filled with fluid on the palms, between fingers and the soles of the feet. These blisters can last up to three weeks causing intense itching. Blisters usually recur even before the skin heals completely. Treatment consists of topical ointment or creams but severe cases may need oral intake of prednisone pills corticosteroids. Scabies This is an itchy skin infection caused by mites that burrow into the skin. Intense itching often occurs at night, causing you to scratch. The infection spreads through close physical contact within families, schools, and institutions such as nursing homes. Doctors therefore treat not only the patients but also their families and close contacts, using topical antibiotics that kill both mites and eggs. However, symptoms may persist for several weeks. Pitted Keratolysis This is a common bacterial infection also called "toxic sock syndrome. It is often associated with sweaty feet, closed shoes, and hot and damp conditions. It can cause pain and itchy soles of feet, as well as the appearance of pits that can join to form large lesions. Treatment consists of a combination of foot care to reduce moisture, antibiotics topical and oral , topical antifungal preparations and prescription-strength antiperspirants to eliminate infection and odor. Relief Measures for Itchy Soles of Feet Specific treatments for conditions mentioned above include medications such as moisturizing creams, antifungals and corticosteroids, which are often applied directly on the skin topical treatments. These may be prescribed by a doctor, although some products may be bought over the counter. Simple home remedies are also available to relieve unbearable itching in mild conditions. However, they will not cure skin infection. Be sure to consult your doctor before using these if the skin of your soles is red, smelly, scaly, cracked, or has painful blisters. Baking Soda Make a paste out of baking soda to relieve itching and burning sensations on the foot. Combine one tablespoon baking soda with two to three teaspoons water and stir until the mixture forms a paste. Let dry for minutes then rinse off with cool water. Pat dry with a clean towel. You can apply some cornstarch lightly on the skin to reduce moisture. Salt Water Soaking your feet in some saltwater to ease irritation and painful itching. Prepare a saltwater soak by stirring in two teaspoons salt

into one pint warm water. Use a shallow pan to immerse feet for minutes. Repeat soaking process every hour or until itching subsides. **Walnut Hull** Prepare a moisturizer from walnut hull to relieve itching due to dry skin. First combine one teaspoonful of ground walnut hull with one cup water into a saucepan. Simmer this mixture for half an hour over medium heat, then strain through a fine wire mesh sieve. Pour half a cup of warm liquid on your feet and pat dry with a towel. Mix three tablespoons calendula blossom oil, five drops eucalyptus oil, and ten drops tea tree oil. Massage this mixture on your feet. Last Updated 09 November,

Chapter 6 : Burning feet Causes - Mayo Clinic

The bones of the ankle and foot are held together by ligaments, which are bands of tough tissue. A sprain is a type of injury where one or more of the ligaments is stretched too far, causing tiny fibers in the ligaments to tear.

Overview[edit] The first scripted documentation of bastinado in Europe dates back to the year , in China to The beatings typically aim at the vaults of the feet where the soles are particularly pain sensitive, at this usually avoiding hitting the balls and heels directly but concentrating on the small area in between. As the skin texture under the soles of the feet can naturally endure high levels of strain, injuries demanding medical attention, such as lacerations or bruises, are rarely inflicted if certain precautions are observed by the executant. The undersides of the feet have therefore become a common target for corporal punishment in many cultures while basically different methods exist. Foot whipping is typically carried out within prisons and similar institutions. Besides inflicting intense physical suffering it trades on the significance of bare feet as a dishonouring socio-cultural attribute. Therefore, it is regarded to be a particularly humiliating as well as degrading form of punishment. As wearing shoes is an integral element of societal appearance since antiquity, the visual exposure of bare feet is a traditional and sometimes even ritualistic practice to display the subjection or submission of a person under a manifestation of superior power. At this was often used as a visual indicator of a subservient standing within a social structure and to display the imbalance in power. It was therefore routinely imposed as a visual identifier and obstacle on slaves and prisoners , often divested of rights and liberties in a similar manner. Exploiting its socio-cultural significance, people have been forced to go barefoot as a formal shame sanction and for public humiliation as well. Keeping prisoners barefoot is common practice in several countries of today. Foot whipping therefore poses a distinct threat and is often particularly dreaded by potential victims usually prisoners. Exploiting the effects this penalty is typically used to maintain discipline and compliance in prisons. However it has been frequently practised within in the Western World as well, particularly in prisons , reformatories , boarding schools and similar institutions. In Europe bastinado was a frequently encountered form of corporal punishment particularly in German areas, where it was mainly carried out to enforce discipline within penal and reformatory institutions, culminating during the Third Reich era. In several German and Austrian institutions it was still practised during the s. Instead it was carried out on a rather low level within the confines of the institutions, typically to punish inmates during incarceration. If not specifically authorized the practice was usually condoned, while happening unbeknown to the public. Also foot whipping hardly attracts public interest in general as it appears unspectacular and relatively inoffensive compared to other punishment methods. As it was not executed publicly in the western world, it came to be witnessed only by the individuals directly involved. At this former prisoners rarely communicate incidents as bastinado is widely perceived as a degrading punishment see public humiliation , while former executants are usually obliged to confidentiality. Bastinado is still used as prison punishment in several countries see below. As it causes a high level of suffering for the victim and physical evidence remains largely undetectable after some time, it is frequently used for interrogation and torture. Appearance[edit] Bastinado usually requires a certain amount of collaborative effort and an authoritarian presence on the executing party to be enforced. Therefore, it typically appears in settings where corporal punishment is officially approved to be exerted on predefined group of people. This can be situations of imprisonment and incarceration as well as slavery. This moderated subform of flagellation is characteristically prevalent where subjected individuals are forced to remain barefoot. Regional[edit] Foot whipping was common practice as means of disciplinary punishment in different kinds of institutions throughout Central Europe until the s, especially in German territories. It was also inflicted on the population in occupied territories, notably Denmark and Norway. This was the case when a loss in market value through visible injuries especially on females was to be avoided. As many so-called "slave-codes" included a barefoot constraint, bastinado required minimal effort to be performed. It was also used against rioting students. British occupants used it in Palestine, French occupants in Algeria. Within colonial India it was used to punish tax offenders. Foot whipping was used by Fascist Blackshirts against Freemasons critical of Benito Mussolini as early as Dalzell, It was used as a method of torture during the

Greek Civil War of to and the regime of the Colonels in Greece , from to However British prisoners escaped this treatment. It was used throughout the Ottoman Empire. Foot whipping was used at the S prison in Phnom Penh during the rule of the Khmer Rouge and is mentioned in the ten regulations to prisoners now on display in the Tuol Sleng Genocide Museum. This punishment has, at various times, been used in China , as well as the Middle East. The bastinado is the common punishment for slight faults, and the number of blows is proportionable to the nature of the fault When the number of blows does not exceed twenty, it is accounted a fatherly correction. The emperor himself sometimes commands it to be inflicted on great persons, and afterwards sees them and treats them as usual. Reportedly used in Tunisia by security forces. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. Taming the Tiger, he was tortured and interrogated by Cyprian policemen using primarily this method, before being imprisoned in Nicosia central prison. Thompson ran an unsuccessful campaign for Sheriff of Pitkin County, Colorado, in His plan for controlling the drug trade in Aspen was to install a bastinado platform and a set of stocks on the courthouse lawn in order to punish dishonest dope dealers in a proper public fashion. The intention is to avert serious injuries of the forefoot by stray hitting, especially of the fracturable toes. The energy of the stroke impacts is typically meant to be absorbed by the muscular tissue inside the vaults of the feet. The term falaka describes the wooden plank used to tie up the ankles, however different items are used for this purpose. The essentially different German method, which was practiced until the end of the Third Reich era, consisted in strapping the barefoot prisoner prone onto a wooden bench or a plank. Hereby the feet were forced into a pointed posture plantar flexion with their bare undersides facing upward. For this purpose the upper body and both ankles were strapped onto the bench. Hereby the person was rendered largely immobile and was especially not able to move the feet out of their forced position. The typically occurring contortions of the body during the execution were largely halted as well. This way the punishment could be inflicted with a certain degree of accuracy to not cause unwanted lesions or other severe injury. It was typically executed with a slightly flexible beating accessory such as a cane or a switch. More infrequently also short whips or leather straps were used. As a result, the strokes impact more or less randomly and injury-prone areas are frequently affected. As falaka is usually carried out with a rigid and often heavy stick, it accordingly causes blunt trauma leaving the person unable to walk and often impeded for life. For the German form, the prisoner was principally unable to move and the beatings were performed with lightweight objects that were relatively thin in diameter and usually slightly flexible. The physical aftereffects of the procedure remained mostly superficial and unwanted injuries were relatively rare. Therefore, the person usually remained capable of walking right after the punishment. Still, the German form of bastinado caused severe levels of pain and suffering for the receiving person. Effects[edit] The beatings usually aim at the tender longitudinal arch of the foot avoiding the bone structure of the ball and the heel. The vaults are particularly touch-sensitive and therefore susceptible to pain due to the tight clustering of nerve endings. Corporal[edit] Visible welts typically sustained after bastinado When exerted with a thin and flexible object of lighter weight the corporal effects usually remain temporary. The numerous bones and tendons of the foot are sufficiently protected by muscular tissue so the impact is absorbed by the skin and muscular tissue. The skin under the soles of the human feet is of high elasticity and consistence similar to the palms of the hands. Depending on the characteristics of the beating device in use and the intensity of the beatings the emerging visible aftereffects remain ascertainable over a time frame of a few hours to several days. The receiving person usually remains able to walk without help right after the punishment. When the beating is executed with heavy sticks like clubs or truncheons according to the falaka method, bone fractures commonly occur as well as nerve damage and severe hematoma. The sustained injuries can take a long time to heal with even lasting or irreversible physical damage to the human musculoskeletal system. When thin and flexible instruments are used the immediate experience of pain is described as acutely stinging and searing. The instant sensations are disproportionally intense compared to the applied force and reflexively radiate through the body. The subsequent pain sensations of a succession of strokes are often described as throbbing, piercing or burning and gradually ease off within a few hours. A slightly stinging or nagging sensation often remains perceptible for a couple of days, especially while walking. As the nerve endings under the soles of the feet do not adapt to

recurring sensations or impacts, the pain reception does not alleviate through continuous beatings. On the contrary the perception of pain is further intensified over the course of additional impacts through the activation of nociceptors. Over a sequence of impacts applied with nearly constant force the perception of pain is therefore progressively intensifying until a maximum level of activation is reached. For that reason a facile impact can already cause an acute pain sensation after a certain number of preceding strokes. The pain reception itself is hereby aggravated through feelings of anxiety and agitation. The subjective pain susceptibility is accordingly higher the more apprehensive the individual feels about it. At the same time women are distinctly sensitive to pressure pain. The acute pain sensations can hereby be experienced as largely intolerable. As bare feet are traditionally regarded as a token of subjection and captivity, the unaccustomed and largely reluctant exposure is often perceived as humiliating or oppressive. The increased physical vulnerability by having to remain barefoot often leads to trepidation and the feeling of insecurity. This measure alone can therefore already cause significant distress. The feet are typically hidden away and protected by footwear in most social situations, hereby avoiding unwanted exposure. Therefore, the enforced exposure for the purpose of punishment is mostly perceived as a form of harassment. The obligatory restraints further add to the anxiety and humiliation of the captive. Any form of methodical corporal punishment typically causes a high level of distress through the inflicted pain and the experience of being defenseless and unable to evade the situation. A rather private area of the body, which traditionally remains covered or not visible in the presence of other people, is forcibly exposed and beaten. This act represents a blunt intrusion into the sphere of personal privacy and an according elimination of personal boundaries. By this means the receiving person experiences his or her individual powerlessness against the executing authority in a particularly manifest way. As a result, the experience of bastinado leads to drastic physical and mental suffering for the receiving individual and is therefore regarded as a highly effectual method of corporal punishment.

Chapter 7 : Your Guide To Foot Sole Problems And Conditions

Besides causing sore soles of feet, there is a burning sensation in the balls of the feet. It also causes the toes to go numb, feel stinging or burning. This is caused when the tissue, surrounding the nerves going to the toes, gets thickened.

Swelling Peeling Eczema may look different depending on the stage that it has reached. The blisters may appear more fluid-filled and inflamed at the beginning of a flare-up. After a few weeks, they will begin to dry up and crust over. If those sores break open, it could cause an oozing liquid to come out. Eczema needs to be treated in a specific way to manage these symptoms. Eczema is a skin condition that has to be diagnosed by a dermatologist. If you have the symptoms listed above, you should get checked out as soon as possible. This is because the symptoms can sometimes look like other skin conditions, and getting the right diagnosis is essential. If the condition does look like others, your doctor will probably want to run a few tests. This will likely include a biopsy on one of the infected areas. If your doctor believes allergies could be the trigger for your eczema, they can run further testing. Once you know that seasonal allergies can trigger a flare-up, you can take extra steps to prevent it. If you have it on the soles of your feet, you may also experience it elsewhere. It usually occurs on the fingers, hands, and toes. As far as other problems, though, they are rare. Serious problems can occur because of the itching eczema causes. The itching can become so severe and even painful that it makes it hard to walk. If you do scratch at your feet and open up the blisters, you could be putting yourself at a higher risk for infection. If a blister gets cut open and starts to bleed, dirt and bacteria can get inside. If the blisters do become infected, you will need more treatment, such as an antibiotic. It can be hard to resist the urge to itch your feet if you have an eczema outbreak. But, scratching at the blisters is the biggest issue that can cause more significant problems. Try a treatment option listed below to help reduce the itching sensation.

Foot Eczema Treatment As stated above, there is no cure for foot eczema. But, some treatments will help to reduce its impact. These treatments are designed to lower its severity and how long it lasts. They will also help to soothe your most painful and irritating symptoms. Treatments for this type of eczema fall under three categories: You can determine which solution will work best for you. Some people have severe cases, in which medical treatment is needed. Others can get by with home solutions for eczema. Prescription foot eczema cream is the most common solution given by dermatologists. The most popular cream is corticosteroid – a topical steroid solution. You can also get corticosteroid in the form of a pill or injection. Sometimes, your doctor may have to drain blisters that are large and oozing. They can also prescribe anti-itch creams and other ointments to keep the swelling down. In some severe cases, laser therapy treatment can be used to help manage the condition.

Over-the-Counter Options For many people, an over-the-counter solution to foot eczema is the best way to go. You can find foot creams that can help to soothe your symptoms almost anywhere. What you should look for, though, are antihistamines. These will help to reduce inflammation and get rid of other symptoms. Antihistamines like Claritin and Benadryl are some of the most popular on the market. They are often taken by people who have allergies. So, it makes sense that they would be used in dealing with foot eczema since the two are believed to be linked. The idea is to reduce the severity of symptoms. Once people can find relief with a specific remedy, they know they can stick with it. There are many different home solutions people with eczema swear by. But, some are more popular than others and have a stronger proven track record of working. A foot soak for eczema is a great way to soothe your irritation. You can either use a bowl or an electric foot spa machine for extra comfort and relaxation after a difficult day. While most foot soaks are usually in warm water, you want to make sure you use cool water when soaking your feet during an eczema outbreak. Soaking them for just a few minutes idea will provide relief. It will also help to dry up the blisters and keep them from oozing. This will allow them to heal faster. Gently place it over the affected area s for a few minutes at a time. Whether you try a foot soak or cold compress, you should always use a moisturizer of some kind when dealing with eczema on your feet. Not only will it provide relief, but it will help to speed up healing. A moisturizing agent will create a barrier that can help with itching. It will also reduce the dryness and flaking. You can use anything from petroleum jelly to rich, heavy moisturizing creams. Drink as much water as possible. Sometimes, fighting conditions like eczema can start from the inside

out. If your skin is hydrated, you can fight back against symptoms like itching, flaking, and peeling. The blisters that form will be less likely to crack open and create bigger issues. What do all these at-home solutions have in common? They are all designed to strengthen your skin. Dry skin will crack and peel easily. When blisters form on it, they will crack, too. That creates more pain for you, and an increased risk of infection. Adding as much healthy moisture to your skin as possible will create a strong barrier. This will make your eczema symptoms feel less severe. Is Dyshidrotic Eczema Preventable? There are measures you can take, though, to lower your risk of experiencing an outbreak. If you know you have this condition and it comes back periodically, keep these steps in mind to keep it under control. Practice good skin care. Keeping your skin clean, healthy, and hydrated is the right place to start. Moisturizing your skin will help it to stay strong. The stronger your skin, the lighter your symptoms will feel. This type of eczema is often related to allergies. Learn your triggers, and do what you can to avoid them. Take lukewarm showers, and avoid water that is too hot. When bathing, you should only use gentle and mild soaps. Certain chemicals and fragrances may irritate your skin and trigger a flare-up. Also, avoid certain perfumes and deodorants or additions to foot soaks. Things like Epsom salts are safe, but things like bath bombs or other fragrance-filled solutions might irritate your skin. If the weather outside is dry and cold, adapt to conditions by keeping a humidifier in your house. This will add moisture to the air and help to strengthen your skin. The less your skin is exposed to dry air, the better. Avoid activities that make your feet sweat too much, or cause a sudden change in temperature. Eczema may go away on its own if you develop it as a child. If not, the symptoms will come and go. But, when you do experience a flare-up, you should know what to expect. Dyshidrotic eczema pain will usually go away on its own in just a few weeks. If you treat it properly and have a mild case, it may even go away sooner. The more you know your triggers and take preventative steps, the less often you may have to deal with it. It can come back at any time. Currently, there is no cure for getting rid of this skin condition completely. The frustrating part is that some people experience more frequent outbreaks than others. You may have to deal with symptoms once a year, or every few weeks.

Chapter 8 : Foot whipping - Wikipedia

Numbness of Foot. Medically reviewed put a mirror on the floor so you can see the soles of your feet better; wear well-fitting shoes that protect your feet to minimize your risk for foot wounds;

Tarsal tunnel syndrome This list focuses on the more common causes of sore feet, and it is not at all complete. There are many different causes of sore feet, so if you are experiencing this problem chronically, it is important that you seek medical attention from a podiatrist for a proper diagnosis. Finding the underlying cause will enable you to minimize or eliminate the soreness in your feet. Remember, the soreness can be caused by any of the twenty-six bones, thirty-three joints, or the more than muscles, ligaments, and tendons in the foot. Here is a look at the most common causes of sore feet, based on region: Plantar fasciitis , heel spurs , calluses, and dry, cracked heels Arch: Flat feet, pes planus or fallen arches, plantar warts, Metatarsalgia , pes cavus , and overpronation Toes: Broken toe, bunions, hallux rigidus, turf toe , and hallux limitus Ball of foot: He or she will also want to know more about your daily activities and the activities leading up to the problem. To rule out specific causes, your doctor may use one or more of the following diagnostic testing methods: Seeing a podiatrist about your sore feet does not mean that you will have to spend hundreds of dollars to relieve the pain. After a diagnosis, your doctor will be able to create an appropriate, cost-effective treatment plan for you based on the severity and cause of the soreness. Many of these treatment options can be purchased over-the-counter. Here is a look at some of the most common treatment options for sore feet: Orthotics such as shoe inserts and additional padding to increase arch support Over-the-counter medication to reduce pain, such as ibuprofen or aspirin Massage Stretching exercises See Plantar Fasciitis Exercises RICE method rest, ice, compression and elevation Water-type exercises such as swimming Weight loss Soaking feet in warm water Multivitamin supplements In most cases, sore feet can be eliminated with a little TLC during the times when you are not up and around. The most common cause of a sore foot is overuse. If you have no choice but to be on your feet, you may benefit from shoes that offer more support, foot and ankle stability, and protection. These are things that should be discussed with your podiatrist before purchasing shoes. The treatment options listed above can also be used as preventive measures. For example, performing stretching exercises before bed, before getting out of bed in the morning, and before and after any type of exercise routine can prevent sore feet by allowing the muscles to warm up before exertion. If you are gaining weight for reasons other than pregnancy, you can also try to prevent sore feet and additional symptoms by losing weight in a healthy way. Eating right can also give your muscles and bones the nutrients they need to stay strong and healthy. Talking to Your Doctor Here are some questions you may want to ask your doctor about sore feet: I have to be on my feet for work, what types of shoes are best for my job? What are the best over-the-counter medications to relieve my symptoms? What are the best stretching exercises to relieve my symptoms? If the pain persists, how long should I wait to see you again? What prevention measures can I take?

Chapter 9 : Why are the soles of my feet so sore? – Liver Doctor

Soles of the Feet: a mindfulness-based self-control intervention for aggression by an individual with mild mental retardation and mental illness. Singh NN(1), Wahler RG, Adkins AD, Myers RE; Mindfulness Research Group.

The fourth layer of muscles are the: Nerves of the Sole of the Foot The medial and lateral plantar nerves supply muscles and skin of the sole of the foot. The medial plantar nerve gives rise to digital branches which then give rise to common digital branches and finally, the terminal branches. This nerve supplies the skin of the medial three and one half digits. The lateral plantar nerve gives rise to motor branches, a deep branch and finally branches to the skin of the lateral one and one-half digits. Arteries of the Sole of the Foot The arteries of the sole of the foot are derived from the posterior tibial artery. It splits into the medial and lateral plantar arteries. The medial plantar artery passes along the medial part of the sole of the foot and terminates by branching into digital branches. The lateral plantar artery becomes the plantar arterial arch which anastomoses by way of a perforating artery with the dorsal pedis artery. The arch gives rise to several metatarsal branches which split into digital branches. Ligaments of the Sole of the Foot The long plantar ligament and the plantar calcaneocuboid ligament lie deep to the muscles of the fourth layer. The long plantar ligament stretches from the calcaneum to the cuboid and to the bases of the second, third and fourth metatarsal bones. The plantar calcaneocuboid ligament, reaches the calcaneum to the cuboid on the deep aspect of the long plantar ligament. The plantar calcaneonavicular ligament extends from the calcaneus to the navicular bone and prevents the head of the talus from pushing down between the calcaneus and the navicular bones. This ligament is also known as the spring ligament since it is believed to give a spring-like action to the foot when walking. Arches of the Foot All of the bones of the foot are held together by ligaments but there are three that are strongly implicated in maintaining the arches of the foot: They are responsible for the movement which is made during walking, and they also help to maintain the arches of the foot. The arches are arranged both longitudinally and transversely, and are caused primarily by the conformation of the bones of the foot and the ligaments which bind them together, and secondarily by the muscles which act upon the bones. The longitudinal arch of the foot is higher on the medial side, where it forms the instep as can be seen on a foot-print. It is made up of the 1st three digits and their metatarsals, the cuneiforms, the navicular bone and the talus. The lateral longitudinal arch is made up of digits 4 and 5 and their metatarsals, the cuboid and the calcaneum. It is much shallower than the medial arch. The transverse arch of the foot is primarily formed by the 5 metatarsal bones. Every ligament that connects the bones of the foot plays a part in the maintenance of the arches, but some which pass across two or more joints are especially important. Among these are the long plantar ligament, the plantar calcaneocuboid ligament and the plantar calcaneonavicular ligament, on which the head of the talus rests. While the normal tone of the small intrinsic muscles of the foot also plays an essential part in keeping the arches intact, the long muscles which are inserted by tendons into the bones of the foot have an even more important role. These are the tendon of the tibialis anterior muscle, the tendon of the tibialis posterior muscle, the tendon of the peroneus longus and the tendons of the flexor hallucis longus and flexor digitorum longus muscles. Finally, more superficially, the plantar aponeurosis also plays an important part in maintaining the medial longitudinal arch.