

Pain in the bottom of the foot

Pain in the bottom of your foot (ball, arch or sole) will often get better in a few weeks. See your GP if it does not improve.

Easing pain under the foot

If you see your GP, they'll usually suggest trying these things:

Do

- ✓ rest and raise your foot when you can
- ✓ put an ice pack (or bag of frozen peas) in a towel on the painful area for up to 20 minutes every 2 to 3 hours
- ✓ wear wide comfortable shoes with a low heel and soft sole
- ✓ use soft insoles or pads you put in your shoes
- ✓ try to lose weight if you're overweight
- ✓ try regular gentle stretching exercises
- ✓ take paracetamol

Don't

- ✗ do not take ibuprofen for the first 48 hours after an injury
- ✗ do not walk or stand for long periods
- ✗ do not wear high heels or tight pointy shoes

Ask your pharmacist about:

- the best painkiller to take
- insoles and pads for your shoes
- treatments for common skin problems
- if you need to see a GP

When to contact your GP

Contact your GP if:

- the pain is severe or stopping you from doing normal activities
- the pain is getting worse or keeps coming back
- the pain has not improved after treating it at home for 2 weeks
- you have any tingling or loss of sensation in your foot
- you have diabetes – foot problems can be more serious if you have diabetes

► [What we mean by severe pain](#)

When to go to the emergency department (ED)

Go to your nearest ED if you:

- are in severe pain
- feel faint, dizzy or sick from the pain
- have a foot that has changed shape or is at an odd angle
- heard a snap, grinding or popping noise at the time of injury
- are not able to walk

These might be signs of a broken bone after an injury.

Causes of pain under the foot

Common causes of pain in the bottom are exercising too much or wearing shoes that are too tight.

Your symptoms may help you find the cause of your foot pain.

Some of the symptoms and possible causes of pain in the bottom of the foot

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Symptoms Pain, swelling, bruising, started after intense or repetitive exercise

Possible cause sprained foot

Symptoms Sharp, burning or shooting pain near your toes (ball of your foot), feels like a lump or small stone under your foot

Possible cause Morton's neuroma

Symptoms Sharp pain between your arch and heel, feels worse when you start walking and better when resting, difficulty raising your toes off the floor

Possible cause plantar fasciitis

Symptoms No gap (arch) under your foot when you stand up, your foot presses flat on the floor

Possible cause flat feet (fallen arches)

Do not worry if you're not sure what the problem is.

Follow the advice on this page and see your GP if the pain does not get better in 2 weeks.

Content supplied by the [NHS](#) and adapted for Ireland by the HSE

Sláintecare.

This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under Grant Agreement Number 123.

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