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Foot pain or ankle pain in adults: Symptom Checker

**DocID**

No DocID – not contained in FarCry

**Title**

Foot pain or ankle pain

**Feature Title**

Foot pain or ankle pain

**List Title**

Foot pain or ankle pain

**Content is Contracted**

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**MCV Main tag**

**MCV Other tag(s)**

Content Packages > Symptom checker mobile > Adult > Arms and legs

**MCV Related tag(s)**

**Primary Location**

Diseases and Conditions

**Tease**

Foot pain or ankle pain can be distressing and limit your ability to get around. Identify possible common causes based on symptoms you’re experiencing.

**Abstract**

Find possible common causes of foot pain or ankle pain in adults. See our Symptom Checker.

**Benefit Summary**

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**Gender**

**Age**

Adult

**ENTER IN FARCRY:**

**When to get medical help** (1, 2)

Get emergency care if:

You see exposed bone or tendon

You're unable to put weight on your foot

You have severe pain or swelling

See your doctor as soon as possible if:

You have signs of infection, such as redness, warmth and tenderness in the affected area.

You have a fever of more than 100 F (37.8 C).

Schedule an office visit if:

Swelling doesn't improve after two or three days of home treatment

Minor pain doesn't go away after several weeks

You have ankle swelling, stiffness and pain that's worse in the morning or after you've been active

**Self-care strategies**

If you've injured your foot or ankle, follow these guidelines, often called the P.R.I.C.E. treatment: (1; 2; 3, p. 196)

**Protect.** Protect the area from further injury.

**Rest.** Avoid activities that hurt.

**Ice.** Reduce pain and inflammation with an ice pack.

**Compress.** Reduce swelling with an elastic bandage.

**Elevate.** Raise your foot or ankle as you rest.

You may temporarily lessen pain with an over-the-counter pain reliever, such as ibuprofen (Advil, Motrin, others), naproxen (Aleve, others) or acetaminophen (Tylenol, others). Use only as directed on the label, and do not take combinations of pain relievers. (3, p. 196)

**More Information**

Foot pain MY00082

Ankle pain MY00083

Plantar fasciitis DS00508

**END OF FARCRY TEXT**

Find possible causes of foot pain or ankle pain based on specific factors. Check one or more factors on this page that apply to your symptom. (1; 2; 3; p. 196-205; 4, p. 259-267)

**Located in**

Ankle

Area along edge of toenail

Back of ankle

Back of heel

Bottom of foot

Heel

Middle part of foot

Toe or front part of foot

Whole foot

**Triggered or worsened by**

Activity or overuse

Ill-fitting shoes

Injury

Long periods of rest

**Accompanied by**

Burning

Difficulty pushing off with toes

Feeling of instability

Flattened arch

Inability to bear weight

Joint deformity

Numbness or tingling

Redness

Stiffness

Swelling

Thickened or rough skin

Weakness

**Possible causes**

These diseases and conditions match at least one of the factors you selected. Those with the most matches are listed first.

DS00737 Achilles tendinitis(5)

Located in back of ankle

Located in back of heel

Triggered or worsened by activity or overuse

Triggered or worsened by injury

Triggered or worsened by long periods of rest

Accompanied by difficulty pushing off with toes

Accompanied by stiffness

Accompanied by swelling

DS00160 Achilles tendon rupture(6)

Located in back of ankle

Located in back of heel

Triggered or worsened by activity or overuse

Triggered or worsened by injury

Accompanied by difficulty pushing off with toes

Accompanied by inability to bear weight

Accompanied by stiffness

Accompanied by swelling

DS00951 Broken ankle/broken foot(7)

Located in ankle

Located in whole foot

Triggered or worsened by injury

Accompanied by feeling of instability

Accompanied by inability to bear weight

Accompanied by joint deformity

Accompanied by numbness or tingling

Accompanied by redness

Accompanied by swelling

DS00309 Bunions(8)

Located in toe or front part of foot

Triggered or worsened by activity or overuse

Triggered or worsened by ill-fitting shoes

Accompanied by joint deformity

Accompanied by redness

Accompanied by swelling

Accompanied by thickened or rough skin

DS00032 Bursitis(9)

Located in heel

Located in toe or front part of foot

Triggered or worsened by activity or overuse

Accompanied by redness

Accompanied by stiffness

Accompanied by swelling

DS00033 Corns and calluses(10)

Located in heel

Located in toe or front part of foot

Triggered or worsened by activity or overuse

Triggered or worsened by ill-fitting shoes

Accompanied by thickened or rough skin

DS00449 Flatfeet(11)

Located in middle part of foot

Accompanied by flattened arch

Accompanied by swelling

DS00090 Gout(12)

Located in ankle

Located in toe or front part of foot

Located in whole foot

Triggered or worsened by long periods of rest

Accompanied by redness

Accompanied by swelling

DS00480 Hammertoe and mallet toe(13)

Located in toe or front part of foot

Triggered or worsened by ill-fitting shoes

Accompanied by joint deformity

DS00111 Ingrown toenails(14)

Located in area along edge of toenail

Triggered or worsened by ill-fitting shoes

Accompanied by redness

Accompanied by swelling

DS00496 Metatarsalgia(15)

Located in toe or front part of foot

Triggered or worsened by activity or overuse

Triggered or worsened by ill-fitting shoes

Accompanied by burning

Accompanied by numbness or tingling

Accompanied by swelling

DS00468 Morton's neuroma (16)

Located in toe or front part of foot

Accompanied by burning

Accompanied by numbness or tingling

DS00019 Osteoarthritis(17)

Located in ankle

Located in whole foot

Triggered or worsened by activity or overuse

Triggered or worsened by long periods of rest

Accompanied by stiffness

Accompanied by swelling

DS00131 Peripheral neuropathy(18)

Located in ankle

Located in bottom of foot

Located in whole foot

Accompanied by burning

Accompanied by numbness or tingling

Accompanied by weakness

DS00508 Plantar fasciitis(19)

Located in heel

Triggered or worsened by activity or overuse

Triggered or worsened by long periods of rest

Accompanied by swelling

DS00509 Plantar warts(20)

Located in heel

Located in toe or front part of foot

Triggered or worsened by activity or overuse

Accompanied by thickened or rough skin

DS00020 Rheumatoid arthritis (21)

Located in ankle

Located in whole foot

Triggered or worsened by long periods of rest

Accompanied by joint deformity

Accompanied by stiffness

Accompanied by swelling

DS00343 Sprains and strains(22)

Located in ankle

Located in whole foot

Triggered or worsened by injury

Accompanied by feeling of instability

Accompanied by inability to bear weight

Accompanied by redness

Accompanied by swelling

DS00556 Stress fractures(23)

Located in ankle

Located in whole foot

Triggered or worsened by activity or overuse

Accompanied by swelling

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PAGE 2