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Foot swelling or leg swelling in adults: Symptom Checker

**DocID**

No DocID – not contained in FarCry

**Title**

Foot swelling or leg swelling

**Feature Title**

Foot swelling or leg swelling

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Foot swelling or leg swelling

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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 or leg swelling occurs because of inflammation or the accumulation of fluid in tissues. Identify possible common causes based on symptoms you're experiencing.

**Abstract**

Find possible causes of foot swelling or leg swelling in adults. See our Symptom Checker.

**Benefit Summary**

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**FeatureID**

**Gender**

**Age**

Adult

**ENTER IN FARCRY:**

**When to get medical help**

Get medical care as soon as possible if: (1, 2)

You have unexplained, painful swelling of your feet or legs

The swollen area becomes warm, red or inflamed

The swelling is accompanied by a fever

You are pregnant and have new foot swelling [female]

**Self-care strategies**

If you experience leg or foot swelling not related to an injury or joint pain, you may try the following self-care strategies to lessen symptoms: (1; 2; 3, p. 104)

Limit salt intake.

Lose excess weight.

Exercise regularly.

Lie down with your feet raised higher than your heart.

Break up long periods of sitting or standing in one place with frequent walks and stretching.

Wear compression stockings.

If swelling is likely related to an injury, follow these guidelines, often called the P.R.I.C.E. treatment: (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 inflammation and pain associated with an injury by taking 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.

**More Information**

Leg swelling MY00592

Edema DS01035

Foot swelling during air travel: A concern? HQ00722

**END OF FARCRY TEXT**

Find possible causes of foot swelling or leg swelling based on specific factors. Check one or more factors on this page that apply to your symptom.

**Swelling occurs**

Along whole limb

Around ankle or foot

Around knee

In both limbs

In one limb

**Triggered or worsened by**

Activity or overuse

Injury

**Preceded by**

Inactivity or long periods of rest

Sitting or standing still for long periods

**Relieved by**

Walking

**Accompanied by**

Brownish or foamy urine

Easy bruising or bleeding

Enlarged or purplish vein in affected leg

Entire leg or calf being pale and cool

Fatigue

Hardening of skin in affected area

Heaviness in affected limb

Inability to bear weight

Inability to point forefoot or toes down

Joint deformity

Lack of appetite

Nausea

Numbness or tingling

Pain, tenderness or aching in affected area

Persistent cough

Rapid or irregular heartbeat

Redness or warmth in affected area

Shortness of breath

Stiffness or limited movement

Swelling around eyes

Swelling in abdomen or other parts of body

**Possible causes** (3, p. 104-105, 196-197; 4, p. 265-266, 368-370)

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)

Swelling occurs around ankle or foot

Swelling occurs in one limb

Triggered or worsened by activity or overuse

Triggered or worsened by injury

Preceded by inactivity or long periods of rest

Accompanied by pain, tenderness or aching in affected area

Accompanied by stiffness or limited movement

DS00160 Achilles tendon rupture (6, 22)

Swelling occurs around ankle or foot

Swelling occurs in one limb

Triggered or worsened by activity or overuse

Triggered or worsened by injury

Accompanied by inability to bear weight

Accompanied by inability to point forefoot or toes down

Accompanied by pain, tenderness or aching in affected area

Accompanied by stiffness or limited movement

DS00951 Broken ankle/broken foot(7)

Swelling occurs around ankle or foot

Swelling occurs in one limb

Triggered or worsened by injury

Accompanied by inability to bear weight

Accompanied by joint deformity

Accompanied by numbness or tingling

Accompanied by pain, tenderness or aching in affected area

Accompanied by redness or warmth in affected area

DS00450 Cellulitis (8)

Swelling occurs along whole limb

Swelling occurs around ankle or foot

Swelling occurs in one limb

Accompanied by pain, tenderness or aching in affected area

Accompanied by redness or warmth in affected area

DS00373 Cirrhosis (9)

Swelling occurs along whole limb

Swelling occurs around ankle or foot

Swelling occurs in both limbs

Accompanied by easy bruising or bleeding

Accompanied by lack of appetite

Accompanied by nausea

Accompanied by swelling in abdomen or other parts of body

DS01005 Deep vein thrombosis (22, 23)

Swelling occurs along whole limb

Swelling occurs in one limb

Preceded by sitting or standing still for long periods

Accompanied by entire leg or calf being pale and cool

Accompanied by pain, tenderness or aching in affected area

DS00503 Glomerulonephritis (10)

Swelling occurs along whole limb

Swelling occurs around ankle or foot

Swelling occurs in both limbs

Accompanied by brownish or foamy urine

Accompanied by fatigue

Accompanied by swelling in abdomen or other parts of body

DS00090 Gout (11, 22)

Swelling occurs around ankle or foot

Swelling occurs around knee

Swelling occurs in one limb

Accompanied by pain, tenderness or aching in affected area

Accompanied by stiffness or limited movement

DS00061 Heart failure (12)

Swelling occurs along whole limb

Swelling occurs around ankle or foot

Swelling occurs in both limbs

Accompanied by fatigue

Accompanied by lack of appetite

Accompanied by nausea

Accompanied by persistent cough

Accompanied by rapid or irregular heartbeat

Accompanied by shortness of breath

Accompanied by swelling in abdomen or other parts of body

DS00954 Knee bursitis(13)

Swelling occurs around knee

Swelling occurs in one limb

Triggered or worsened by activity or overuse

Accompanied by pain, tenderness or aching in affected area

Accompanied by redness or warmth in affected area

Accompanied by stiffness or limited movement

DS00609 Lymphedema (14, 22)

Swelling occurs along whole limb

Swelling occurs around ankle or foot

Swelling occurs in both limbs

Swelling occurs in one limb

Accompanied by hardening of skin in affected area

Accompanied by heaviness in affected limb

Accompanied by pain, tenderness or aching in affected area

Accompanied by stiffness or limited movement

DS01047 Nephrotic syndrome (15)

Swelling occurs along whole limb

Swelling occurs around ankle or foot

Swelling occurs in both limbs

Accompanied by brownish or foamy urine

Accompanied by lack of appetite

Accompanied by nausea

Accompanied by swelling around eyes

DS00019 Osteoarthritis(16)

Swelling occurs around ankle or foot

Swelling occurs around knee

Swelling occurs in both limbs

Swelling occurs in one limb

Triggered or worsened by activity or overuse

Preceded by inactivity or long periods of rest

Accompanied by pain, tenderness or aching in affected area

Accompanied by stiffness or limited movement

DS00717 Pseudogout (17)

Swelling occurs around ankle or foot

Swelling occurs around knee

Swelling occurs in one limb

Accompanied by pain, tenderness or aching in affected area

Accompanied by redness or warmth in affected area

Accompanied by stiffness or limited movement

DS00020 Rheumatoid arthritis (18)

Swelling occurs around ankle or foot

Swelling occurs around knee

Swelling occurs in both limbs

Swelling occurs in one limb

Preceded by inactivity or long periods of rest

Accompanied by joint deformity

Accompanied by pain, tenderness or aching in affected area

Accompanied by stiffness or limited movement

DS00343 Sprains and strains (19)

Swelling occurs around ankle or foot

Swelling occurs around knee

Swelling occurs in one limb

Triggered or worsened by injury

Accompanied by pain, tenderness or aching in affected area

Accompanied by stiffness or limited movement

DS00223 Thrombophlebitis (20, 22)

Swelling occurs along whole limb

Swelling occurs in one limb

Preceded by sitting or standing still for long periods

Accompanied by enlarged or purplish vein in affected leg

Accompanied by entire leg or calf being pale and cool

Accompanied by pain, tenderness or aching in affected area

DS00256 Varicose veins (21)

Swelling occurs along whole limb

Swelling occurs in both limbs

Swelling occurs in one limb

Preceded by sitting or standing still for long periods

Relieved by walking

Accompanied by enlarged or purplish vein in affected leg

Accompanied by heaviness in affected limb

Accompanied by pain, tenderness or aching in affected area

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