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## Foot Injuries and Disorders

Each of your feet has 26 bones, 33 joints, and more than 100 tendons, muscles, and ligaments. No wonder a lot of things can go wrong. Here are a few common problems:

- Bunions [<https://medlineplus.gov/toeinjuriesanddisorders.html>] - hard, painful bumps on the big toe joint
- Corns and calluses [<https://medlineplus.gov/cornsandcalluses.html>] - thickened skin from friction or pressure
- Plantar warts - warts on the soles of your feet
- Fallen arches - also called flat feet

Ill-fitting shoes often cause these problems. Aging and being overweight also increase your chances of having foot problems.

### Start Here

- Adult Foot Health [<https://www.footcaremd.org/foot-ankle-health/adult-feet>] (American Orthopaedic Foot and Ankle Society)
- Foot Problems [<https://familydoctor.org/symptom/foot-problems/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-los-pies/?adfree=true>]

### Symptoms

- Plantar Fasciitis [<https://kidshealth.org/en/parents/plantar-fasciitis.html>] (Nemours Foundation) - **In English and Spanish**  
Also in Spanish [<https://kidshealth.org/es/parents/plantar-fasciitis.html>]

### Diagnosis and Tests

- Bone X-Ray [<https://www.radiologyinfo.org/en/info/bonerad>]  
 (American College of Radiology; Radiological Society of North America)  
Also in Spanish [<https://www.radiologyinfo.org/es/info/bonerad>]
- Foot Problems [<https://familydoctor.org/symptom/foot-problems/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-los-pies/?adfree=true>]
- Foot Push-Up Test [<https://www.foothealthfacts.org/article/foot-push-up-test>] (American College of Foot and Ankle Surgeons)
- How to Evaluate Your Feet [<https://www.footcaremd.org/foot-ankle-health/how-to-evaluate-your-feet>]  
(American Orthopaedic Foot and Ankle Society)
- Search the Foot and Ankle Conditions: Interactive Foot Diagram [<https://www.foothealthfacts.org/foot-ankle-conditions/search-the-foot-ankle>] (American College of Foot and Ankle Surgeons)
- X-Ray Exam: Foot [<https://kidshealth.org/en/parents/xray-foot.html>] (Nemours Foundation)

### Prevention and Risk Factors

- Preventing Trench Foot or Immersion Foot [<https://www.cdc.gov/natural-disasters/psa-toolkit/preventing-trench-foot-or-immersion-foot.html>] (Centers for Disease Control and Prevention)

## Treatments and Therapies

- Cavus Foot Surgery [<https://www.footcaremd.org/foot-and-ankle-treatments/midfoot/cavus-foot-surgery>] (American Orthopaedic Foot and Ankle Society)
- Prescription Custom Orthotics and Shoe Inserts [<https://www.apma.org/patients-and-the-public/conditions-affecting-the-foot-and-ankle/prescription-custom-orthotics-and-shoe-inserts/>] (American Podiatric Medical Association)
- Sprains, Strains and Fractures [<https://www.apma.org/patients-and-the-public/conditions-affecting-the-foot-and-ankle/sprains-strains-and-fractures/>] (American Podiatric Medical Association)
- Subtalar Arthroscopy [<https://www.footcaremd.org/foot-and-ankle-treatments/ankle/subtalar-arthroscopy>] (American Orthopaedic Foot and Ankle Society)

## Living With

- Acute Inflammation [<https://www.foohealthfacts.org/conditions/acute-inflammation>] (American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/acute-inflammation?lang=es-MX>]
- Foot and Ankle Rehabilitation Exercises [<https://orthoinfo.aaos.org/en/recovery/foot-and-ankle-conditioning-program/foot-pdf/>] (American Academy of Orthopaedic Surgeons) - **PDF**
- Mobility Aids: MedlinePlus Health Topic [<https://medlineplus.gov/mobilityaids.html>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/mobilityaids.html>]
- Smoking and Bone Healing - A Risky Surgical Combination [<https://www.foohealthfacts.org/article/smoking-and-bone-healing-%E2%80%93-a-risky-surgical-combin>] (American College of Foot and Ankle Surgeons)

## Related Issues

- Bone Healing [<https://www.foohealthfacts.org/conditions/bone-healing>] (American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/bone-healing?lang=es-MX>]

## Specifics

- Bunions (Hallux Abducto Valgus) [<https://www.foohealthfacts.org/conditions/bunions>] (American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/bunions?lang=es-MX>]
- Burning Feet [<https://www.mayoclinic.org/symptoms/burning-feet/basics/definition/SYM-20050809?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/symptoms/burning-feet/basics/definition/SYM-20050809?p=1>]
- Cavus Foot (High-Arched Foot) [[https://www.foohealthfacts.org/conditions/cavus-foot-\(high-arched-foot\)](https://www.foohealthfacts.org/conditions/cavus-foot-(high-arched-foot))] (American College of Foot and Ankle Surgeons)  
Also in Spanish [[https://www.foohealthfacts.org/conditions/cavus-foot-\(high-arched-foot\)?lang=es-MX](https://www.foohealthfacts.org/conditions/cavus-foot-(high-arched-foot)?lang=es-MX)]
- Charcot Foot [<https://www.foohealthfacts.org/conditions/charcot-foot>] (American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/charcot-foot?lang=es-MX>]
- Equinus [<https://www.foohealthfacts.org/conditions/equinus>] (American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/equinus?lang=es-MX>]
- Flatfeet [<https://www.mayoclinic.org/diseases-conditions/flatfeet/symptoms-causes/syc-20372604?p=1>] (Mayo Foundation for Medical Education and Research)
- Flexible Flatfoot [<https://www.foohealthfacts.org/conditions/flexible-flatfoot>] (American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/flexible-flatfoot?lang=es-MX>]
- Foot Drop Syndrome [<https://www.ninds.nih.gov/health-information/disorders/foot-drop-syndrome>]  (National Institute of Neurological Disorders and Stroke)
- Fractures of the Fifth Metatarsal [<https://www.foohealthfacts.org/conditions/fractures-of-the-fifth-metatarsal>] (American College of Foot and Ankle Surgeons)

Also in Spanish [<https://www.foohealthfacts.org/conditions/fractures-of-the-fifth-metatarsal?lang=es-MX>]

- **Ganglion Cyst** [<https://www.foohealthfacts.org/conditions/ganglion-cyst>] (American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/ganglion-cyst?lang=es-MX>]
- **Itchy Hands or Feet** [<https://skinsight.com/disease-groups/itchy-hands-or-feet/?lmiw9cApI>] (VisualDX)
- **Lisfranc (Midfoot) Injury** [<https://orthoinfo.aaos.org/en/diseases--conditions/lisfranc-midfoot-injury/>]  
(American Academy of Orthopaedic Surgeons)
- **Metatarsalgia** [<https://www.mayoclinic.org/diseases-conditions/metatarsalgia/symptoms-causes/syc-20354790?p=1>]  
(Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/metatarsalgia/symptoms-causes/syc-20354790?p=1>]
- **Morton's Neuroma (Intermetatarsal Neuroma)** [[https://www.foohealthfacts.org/conditions/morton-s-neuroma-\(intermetatarsal-neuroma\)](https://www.foohealthfacts.org/conditions/morton-s-neuroma-(intermetatarsal-neuroma))]  
(American College of Foot and Ankle Surgeons)  
Also in Spanish [[https://www.foohealthfacts.org/conditions/morton-s-neuroma-\(intermetatarsal-neuroma\)?lang=es-MX](https://www.foohealthfacts.org/conditions/morton-s-neuroma-(intermetatarsal-neuroma)?lang=es-MX)]
- **Neuromas** [<https://www.apma.org/patients-and-the-public/conditions-affecting-the-foot-and-ankle/neuromas/>]  
(American Podiatric Medical Association)
- **Osteoarthritis of the Foot and Ankle** [<https://www.foohealthfacts.org/conditions/osteoarthritis-of-the-foot-and-ankle>]  
(American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/osteoarthritis-of-the-foot-and-ankle?lang=es-MX>]
- **Peroneal Tendon Injuries** [<https://www.foohealthfacts.org/conditions/peroneal-tendon-injuries>]  
(American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/peroneal-tendon-injuries?lang=es-MX>]
- **Plantar Fibroma and Plantar Fibromatosis** [<https://www.footcaremd.org/foot-and-ankle-conditions/heel/plantar-fibroma-and-plantar-fibromatosis>]  
(American Orthopaedic Foot and Ankle Society)
- **Plantar Warts** [<https://www.mayoclinic.org/diseases-conditions/plantar-warts/symptoms-causes/syc-20352691?p=1>]  
(Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/plantar-warts/symptoms-causes/syc-20352691?p=1>]
- **Progressive Collapsing Foot Deformity (Flatfoot)** [<https://orthoinfo.aaos.org/en/diseases--conditions/posterior-tibial-tendon-dysfunction/>]  
(American Academy of Orthopaedic Surgeons)
- **Puncture Wounds** [<https://www.foohealthfacts.org/conditions/puncture-wounds>]  
(American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/puncture-wounds?lang=es-MX>]
- **Rheumatoid Arthritis of the Foot and Ankle** [<https://orthoinfo.aaos.org/en/diseases--conditions/rheumatoid-arthritis-of-the-foot-and-ankle>]  
(American Orthopaedic Foot and Ankle Society)
- **Tailor's Bunion (Bunionette)** [[https://www.foohealthfacts.org/conditions/tailor-s-bunion-\(bunionette\)](https://www.foohealthfacts.org/conditions/tailor-s-bunion-(bunionette))]  
(American College of Foot and Ankle Surgeons)  
Also in Spanish [[https://www.foohealthfacts.org/conditions/tailor-s-bunion-\(bunionette\)?lang=es-MX](https://www.foohealthfacts.org/conditions/tailor-s-bunion-(bunionette)?lang=es-MX)]
- **Tarsal Coalition** [<https://www.foohealthfacts.org/conditions/tarsal-coalition>]  
(American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/tarsal-coalition?lang=es-MX>]
- **Tarsal Tunnel Syndrome** [<https://www.foohealthfacts.org/conditions/tarsal-tunnel-syndrome>]  
(American College of Foot and Ankle Surgeons)

## Genetics

- **Bunion:** MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/bunion>]  (National Library of Medicine)
- **Feingold syndrome:** MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/feingold-syndrome>]  
 (National Library of Medicine)
- **Hand-foot-genital syndrome:** MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/hand-foot-genital-syndrome>]  
 (National Library of Medicine)

## Images

- **Common Foot Problems** [<https://skinsight.com/disease-groups/common-foot-problems/?lmiw9cApI>]  
(VisualDX)

Pitted Keratolysis [<https://skinsight.com/skin-conditions/pitted-keratolysis/?lmiw9cApl=1>] (VisualDX)

Plantar Wart [<https://skinsight.com/skin-conditions/plantar-wart-hpv/?lmiw9cApl=1>] (VisualDX)

## Clinical Trials

- ClinicalTrials.gov: Foot Diseases [<https://clinicaltrials.gov/search?cond=%22Foot+Diseases%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Foot Injuries [<https://clinicaltrials.gov/search?cond=%22Foot+Injuries%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Neuroma [<https://clinicaltrials.gov/search?cond=%22Neuroma%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Ottawa ankle and foot rules in China: applicability in a defensive... [<https://www.ncbi.nlm.nih.gov/pubmed/40739246>]
- Article: Biomechanical analysis of elastic fixation for lisfranc injuries with finite elements... [<https://www.ncbi.nlm.nih.gov/pubmed/40691202>]
- Article: Effects of customized orthoses on foot morphology and pressure in patients... [<https://www.ncbi.nlm.nih.gov/pubmed/40382595>]
- Foot Injuries and Disorders -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Foot+Diseases%22%5Bmajr%3Anoexp%5D+OR+%22Foot+Injuries%22%5Bmajr%3Anoexp%5D+AND+human+s%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Reference Desk

- Glossary of Foot and Ankle Terms [<https://www.footcaremd.org/resources/glossary>] (American Orthopaedic Foot and Ankle Society)

## Find an Expert

- American Orthopaedic Foot and Ankle Society [<https://www.aofas.org>]
- American Podiatric Medical Association [<https://www.apma.org/>]
- Find a Foot and Ankle Orthopaedic Surgeon [<https://www.aofas.org/find-a-foot-and-ankle-orthopaedic-surgeon>] (American Orthopaedic Foot and Ankle Society)
- Find a Podiatrist [<https://members.apma.org/members/FindPodiatrist>] (American Podiatric Medical Association)
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>]  Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

## Children

- Clubfoot [<https://www.mayoclinic.org/diseases-conditions/clubfoot/symptoms-causes/syc-20350860?p=1>] (Mayo Foundation for Medical Education and Research)
- Clubfoot repair - series [[https://medlineplus.gov/ency/presentations/100056\\_1.htm](https://medlineplus.gov/ency/presentations/100056_1.htm)] (Medical Encyclopedia) Also in Spanish [[https://medlineplus.gov/spanish/ency/esp\\_presentations/100056\\_1.htm](https://medlineplus.gov/spanish/ency/esp_presentations/100056_1.htm)]
- Flat Feet (For Parents) [<https://kidshealth.org/en/parents/flat-feet.html>] (Nemours Foundation)
- In-Toeing [<https://kidshealth.org/en/parents/gait.html>] (Nemours Foundation) Also in Spanish [<https://kidshealth.org/es/parents/gait.html>]
- Intoeing [<https://familydoctor.org/condition/intoeing/?adfree=true>] (American Academy of Family Physicians)

Also in Spanish [<https://es.familydoctor.org/condicion/marcha-convergente-es/?adfree=true>]

- Out-Toeing [<https://kidshealth.org/en/parents/out-toeing.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/out-toeing.html>]
- Toe Walking [<https://kidshealth.org/en/parents/toe-walking.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/toe-walking.html>]

## Older Adults

- Foot Problems [<https://www.healthinaging.org/a-z-topic/foot-problems>] (AGS Health in Aging Foundation)

## Patient Handouts

- Claw foot [<https://medlineplus.gov/ency/article/003168.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003168.htm>]
- Clubfoot [<https://medlineplus.gov/ency/article/001228.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001228.htm>]
- Common peroneal nerve dysfunction [<https://medlineplus.gov/ency/article/000791.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000791.htm>]
- Extremity x-ray [<https://medlineplus.gov/ency/article/003461.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003461.htm>]
- Flat feet [<https://medlineplus.gov/ency/article/001262.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001262.htm>]
- Foot pain [<https://medlineplus.gov/ency/article/003183.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003183.htm>]
- Foot sprain - aftercare [<https://medlineplus.gov/ency/patientinstructions/000652.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000652.htm>]
- Foot, leg, and ankle swelling [<https://medlineplus.gov/ency/article/003104.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003104.htm>]
- Hand or foot spasms [<https://medlineplus.gov/ency/article/003194.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003194.htm>]
- High arch [<https://medlineplus.gov/ency/article/001261.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001261.htm>]
- Metatarsal fracture (acute) - aftercare [<https://medlineplus.gov/ency/patientinstructions/000571.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000571.htm>]
- Metatarsal stress fractures - aftercare [<https://medlineplus.gov/ency/patientinstructions/000553.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000553.htm>]
- Metatarsus adductus [<https://medlineplus.gov/ency/article/001601.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001601.htm>]
- Morton neuroma [<https://medlineplus.gov/ency/article/007286.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007286.htm>]



## MEDICAL ENCYCLOPEDIA

Charcot foot [<https://medlineplus.gov/ency/article/007748.htm>]

Claw foot [<https://medlineplus.gov/ency/article/003168.htm>]

Clubfoot [<https://medlineplus.gov/ency/article/001228.htm>]

Clubfoot repair [<https://medlineplus.gov/ency/article/002964.htm>]

Clubfoot repair - series [[https://medlineplus.gov/ency/presentations/100056\\_1.htm](https://medlineplus.gov/ency/presentations/100056_1.htm)]

Common peroneal nerve dysfunction [<https://medlineplus.gov/ency/article/000791.htm>]

Extremity x-ray [<https://medlineplus.gov/ency/article/003461.htm>]

Flat feet [<https://medlineplus.gov/ency/article/001262.htm>]

Foot drop [<https://medlineplus.gov/ency/article/007761.htm>]

Foot pain [<https://medlineplus.gov/ency/article/003183.htm>]

Foot sprain - aftercare [<https://medlineplus.gov/ency/patientinstructions/000652.htm>]

Foot, leg, and ankle swelling [<https://medlineplus.gov/ency/article/003104.htm>]

Hand or foot spasms [<https://medlineplus.gov/ency/article/003194.htm>]

High arch [<https://medlineplus.gov/ency/article/001261.htm>]

Leg MRI scan [<https://medlineplus.gov/ency/article/007357.htm>]

Leg or foot amputation [<https://medlineplus.gov/ency/article/007365.htm>]

Metatarsal fracture (acute) - aftercare [<https://medlineplus.gov/ency/patientinstructions/000571.htm>]

Metatarsal stress fractures - aftercare [<https://medlineplus.gov/ency/patientinstructions/000553.htm>]

Metatarsus adductus [<https://medlineplus.gov/ency/article/001601.htm>]

Morton neuroma [<https://medlineplus.gov/ency/article/007286.htm>]

## Related Health Topics

Ankle Injuries and Disorders [<https://medlineplus.gov/ankleinjuriesanddisorders.html>]

Diabetic Foot [<https://medlineplus.gov/diabeticfoot.html>]

Foot Health [<https://medlineplus.gov/fooothhealth.html>]

Heel Injuries and Disorders [<https://medlineplus.gov/heelinjuriesanddisorders.html>]

Leg Injuries and Disorders [<https://medlineplus.gov/leginjuriesanddisorders.html>]

Toe Injuries and Disorders [<https://medlineplus.gov/toeinjuriesanddisorders.html>]

## National Institutes of Health

The primary NIH organization for research on *Foot Injuries and Disorders* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

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