

Clinical Research on Foot & Ankle

Editorial

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Introduction

Most people experience in and around their feet and ankles some pain in their lives. It's one of the most common, hard-working regions of your body. It has 26 bones and 33 small joints, all held together by network of soft tissue made of muscles, tendons, ligaments, nerves, and blood vessels.

Most soft tissue injuries, such as sprains and strains, these should gradually heal with the help of simple self-treatments. Though some would take a few months to fully recover, you probably won't need to seek treatment from a health professional.

However, some injuries have not been properly treated and may not improve significantly with self-treatment. In that case, it seems to be getting worse, doesn't improve, or lasts longer than a few months would be due to structural changes in the foot and ankle, or an underlying condition.

There can be several explanations for long-term pain in and around the feet and ankles, such as:

- bursitis
- osteoarthritis
- inflammatory arthritis
- degenerative tissue diseases
- peripheral neuropathy
- nerve damage

Most foot and ankle injuries can be treated without the need to see a health professional. Soft tissue injuries should begin to improve within the first few days with the help of some simple self-treatments. You may need to be referred to the injured person for several months, until it has fully recovered.

Exercise can help reduce inflammation in the feet and ankles. If your feet and ankles rest in the morning you may find it easier to