



The Malvern Surgeries • 64 Worcester Road • Malvern • Worcestershire • WR14 4AB
tel: 01684 561342 • email: info@malvernsurgeries.co.uk • www.malvernsurgeries.co.uk

Arch Pain

Arch pain (usually Plantar Fasciitis) is pain that is usually felt first thing in the morning; or after rising up from a prolonged resting position and pain increases after more use of feet.

The causes of arch pain include: weight, a foot injury, overuse, abnormal biomechanics of the foot (e.g. flat feet or abnormal pronation), footwear, certain activities, inappropriate training, and medical conditions (eg. rheumatoid arthritis).



Treatment of arch pain include: weight reduction, rest, ice, activity modification, anti-inflammatory products, sports massage, stretching, strengthening, acupuncture, strapping, steroid injection, ultrasound and orthotics.