

## ENJOY YOUR PREGNANCY WITHOUT FOOT PAIN



### “ My Feet Ache!”

A common complaint heard frequently from pregnant patients visiting the WalkWell Clinic. You may think that sore feet is a symptom of pregnancy and that you have to cope with it, however the good news is that sore feet are not something you have to just cope with. This sheet will outline a few self helping remedies to help alleviate these symptoms.

#### Swollen Feet

- Your feet swell due to a build up of excess fluid, often caused from excess weight and the position of the baby.
- To reduce the swelling, put your feet up whenever possible to hip level position.
- Wear comfortable and wide shoes to allow for the feet to expand slightly.
- Avoid crossing your legs when sitting.

#### Arch Pain

- Pain can be experienced all over the feet but most commonly in the arch.
- This is due to the excess load placed through the foot during standing or walking which causes the long arch ligament (Plantar Fascia) to become stressed and stretched.
- Perform regular calf muscle stretches in the mornings.
- Ask a relative / partner to massage your feet in an upward motion from the heels to your toes to remove any excess tissue fluid.
- If arch pain is experienced, ice the area for 10 minutes several times a day, rest as much as possible, avoid walking around barefoot.

#### Ingrown Toenails

- Ingrown toenails are often caused when cutting the toenails with difficulty due to reaching and bending towards your feet.
- Tight fitting shoes can cause stress on the nails causing them to in-grow also.
- Ask a relative / partner to cut your nails.
- Avoid struggling to nip away at the nail.
- Use cuticle and nail cream to soften the skin around your nails.
- Wear shoes wide enough to allow expansion of your feet.

Your feet often change size during pregnancy. Your foot could increase up to half a shoe size permanently after pregnancy. This is due to the change in hormones during pregnancy causing the tendons and ligaments in your feet to become more flexible.

Pending motherhood should be a joy. Do not let foot pain bring you down. Follow these simple home remedies to help prevent foot pain from the first trimester of pregnancy. If foot pain persists contact the clinic for further treatments.