

What are the Causes of Sore Feet?

There are different kinds of conditions and injuries that can cause foot pain. To be able to treat your condition, you have to establish what actually caused yours.

Injuries, the Common Cause

One of the main [causes of sore feet](#) is injury. Trauma caused by sprains, muscle strain, fractures, and bruises can definitely stress out your foot and cause it to sore. The severity depends on how acute or how serious the trauma is. Sometimes, foot pain is caused by repeated or combination stresses.

During a sprain, the fibers of the ligaments that hold the bones on the foot and ankle in place are torn and overstretched. That leads to pain. During a muscle strain, the muscles on your foot are overused, overstretched, and overloaded, thus, causes foot pain. A fracture and a bruise are obvious sources of pain on the foot. When your bones are fractured or you got bruises via a cut, certain parts of your foot are dealt with an injury.

In some cases, not giving your foot the proper care also leads to pain. Using poor fitting or uncomfortable shoes may cause bruises, calluses, and blisters.

Foot Pain Caused by a Disease

While injury is perceived as the common cause of sore feet, you cannot discount the fact that some pre-existing condition, viral infections, and bacterial infections also cause sore feet.

Gout, diabetes, and Hansen's disease are just some of the conditions that may cause your feet to sore. A fungal infection such as athlete's foot may lead to irritation as well as ingrown toenails.

Since there are many possible causes of foot pain, you really have to watch for your signs and symptoms. That way, you will be able to trace what kind of treatment to use and which part of the foot to treat. To learn more about foot pain, log on to <http://www.whatpain.com/foot-pain.html>.

Interestingly, your nutrition can also have a say on your condition. Some aspects on the way you intake food may also cause sore feet.

Too much fat, sugar, carbohydrates, and salt in your diet can easily be found the suspects for your foot discomforts. You have to watch what you eat. Diabetes, which sprouts from poor food choices and overindulgence on fat, carbohydrates, and sugar, is a known cause of sore feet. High sodium intake may also cause edema or swelling that commonly occurs on the feet and the legs. Also, low levels of vitamin B12 may also cause sore feet since it induces poor blood circulation in your body.