

Fact Sheet

Foot Cramps

What are Foot Cramps?

If you are experiencing a foot cramp, you will definitely feel the muscle contracting violently. You may even be able to see it. It is often described as a sudden, sharp pain which can last up to a few minutes. The muscle may feel hard and tense to touch. Walking on the cramped muscle may decrease the pain.

In most cases, foot cramps are due to fatigue or stress on the foot. Overworked feet can lead to muscle spasms, especially if you are not getting enough water and nutrients.

Causes

There are several common reasons why foot cramps develop, including:

- Muscle fatigue or stress
- Poor circulation
- Malnutrition
- Vitamin D deficiency
- Obesity
- Diabetes
- Flat feet
- Injury or trauma
- Hormone imbalance
- Increase in activities/exercises
- Failure to stretch foot muscles daily
- Dehydration
- Thyroid gland malfunction
- Improper footwear
- Foot problems such as sore feet
- Pinched nerve



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Foot cramps are most common among athletes and older adults, but they can occur in anyone at any age, including children. As we age, cramps become more common due to our reduced activity levels and the muscle fatigue that occurs when our muscles do not get enough blood.

Foot cramps can be a sign of decreased circulation. When the blood supply to our extremities decreases, the extremity does not receive the oxygen it needs to function correctly, thus causing cramping and pain. Medical conditions such as diabetes can cause foot cramps due to the lack of oxygen supplied to the feet.

Treatment

Our podiatrists will work with you on a treatment program designed to eliminate the muscle fatigue. This may include:

- Special strengthening exercises for the arch of the foot
- Recommendation of specific shoes for your foot type
- Custom or prefabricated orthotics
- Anti-inflammatory measures



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ALWAYS CONSULT A TRAINED PROFESSIONAL

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