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Treatment Options for Discomfort Caused by Shin Pain or Plantar Fasciitis

Whenever your feet feel worn out, painful, and overworked, the soreness frequently can turn intolerable. Running, dancing, and athletic activities can place extreme pressure on our feet, and cause problems with our foot ligaments and muscles. Burning blisters, bunions, and [shin pain](#) can make even walking a painful undertaking. Nevertheless, there are several options that can help ease the pain and start the healing process when done habitually. Below are 3 things to make feet feel better so you can resume normal activities.

How to Overcome Blisters and Skin Challenges

Snugly-fitted shoes can cause blisters on the skin of the feet. They can develop on all regions of the foot, but the back of the heel is the most usual site. Since the skin is the largest organ in our bodies, and accountable for shielding us from harmful organisms, a blister should not intentionally be popped. Most doctors suggest the use of moleskin as a great option for protecting a blister to avoiding it from opening up. For a blister that has already popped, it is suggested to clean the region and apply an antibacterial substance. Then, keep the site coated with a bandage.

Start Healing Now: Overcoming Shin Splints

Some athletes and runners can experience a more serious condition involving shin splint pain. This excruciating injury is caused by excessive use of the lower leg by any activity that involves repeated impact. The exact origin of the injury is still being researched, but they seem to stem from injury to the front tendon that runs along the shin identified as the posterior peroneal tendon. Since this problem also seems to affect people who suffer from overpronation their feet (this is the tendency of the foot to roll inward), special arch supports in the shoes, known as orthotics for sports are extremely helpful.

Treatment for shin splint pain can consist of icing the area, staying off of it until it is healed, and participating in activities that are low impact such as using a stationary bicycle or swimming. To prevent the injury from recurring, wear [sports orthotics](#) whenever engaging in impact activities.

How to Treat Pain In The Heel

Plantar fasciitis is one of the most painful heel and foot issues to suffer from. [Pain in the heel](#) arises when the plantar fascia is stretched excessively and becomes full, tender, and difficult to put pressure on. A suitable means to treat these conditions early on is with proper support of the foot arches and cushioning, which can be provided by using orthotics for sports. Ice, massage, and physical therapy are also helpful.

When your feet and legs experience pain, your body is trying to send a clear message: it needs help. Often times, the mere act of relaxing from strenuous workouts for a period of time and using orthotics for sports is enough. Nevertheless, when more serious problems develop such as shin splint pain, a medical professional should be consulted in order to adequately figure out the problem and provide appropriate treatment.

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