

There are various exercises you can do to help improve or maintain the strength within your feet and ankles. The particular exercise(s) will depend on your own health needs.

For more information regarding exercises, please ask your Doctor, Nurse or Podiatrist.

**For more information on improving your foot health, preventing problems, foot surgery, footwear and much more, including free patient information videos, visit:**

[www.nras.org.uk/foot-health](http://www.nras.org.uk/foot-health)

Or scan this barcode using a QR code reader app on your smart phone.

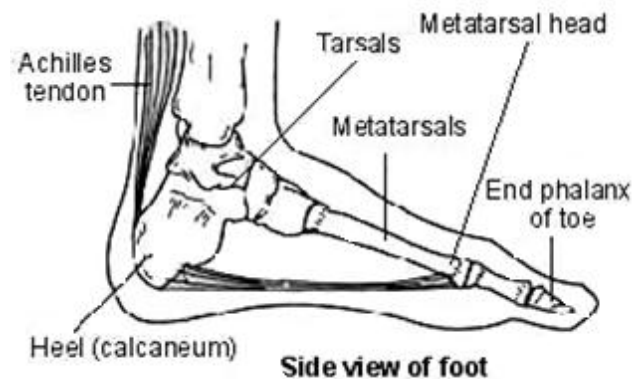


If you would like this information in another format i.e. large print or another language, please contact the Customer Service Team on 01793 604031

# Foot Health

## Recommended Products

Rheumatology and Podiatry  
Departments



This leaflet contains information on some of the products recommended for managing common foot problems.

These products are widely available. We have suggested some retailers and guide prices inside. Please note that prices and stockists may change.

If in doubt, please discuss with your Health Professional.

Complaint	Product	Retailer and Guide Price
<p><b>Plantar fasciitis (a common type of heel pain), Mobile flat feet</b></p> <p>Your health professional can advise you regarding these problems and whether these insoles are appropriate.</p>	<ul style="list-style-type: none"> <li>Slimflex simple – Medium density ¾ length orthoses</li> <li>Orthaheel Vasyli orthoses</li> </ul> 	<p><a href="http://www.algeos.com">www.algeos.com</a></p> <p><a href="http://www.amazon.co.uk">www.amazon.co.uk</a> £11</p> <p><a href="http://www.footcaresupplies.com">www.footcaresupplies.com</a> £22.70</p>
<p><b>Heel pain</b></p> 	<ul style="list-style-type: none"> <li>Gel heel cushion (convenient in shoes, try this first)</li> <li>Gel insoles</li> <li>Arch support insole</li> </ul>	<p><a href="http://www.amazon.co.uk">www.amazon.co.uk</a> £3</p> <p><a href="http://www.footcaresupplies.com">www.footcaresupplies.com</a> £25.50</p> <p><a href="http://www.footcaresupplies.com">www.footcaresupplies.com</a> £18.50</p>
<p><b>Tibialis Posterior Tendinopathy</b></p> <p>A problem caused by weakness of the tendon that attaches an inner calf muscle to the arch of the foot, supporting the arch of the foot.</p> <p><b>Your Dr, Nurse or Podiatrist can advise whether you have this, and the best support for you.</b></p>	<ul style="list-style-type: none"> <li>Ankle support</li> </ul> 	<p><a href="http://www.boots.com">www.boots.com</a> £15-17.99</p> <p><a href="http://www.footcaresupplies.com">www.footcaresupplies.com</a> £16.95</p> <p><a href="http://www.amazon.co.uk">www.amazon.co.uk</a> £17.99</p>

Complaint	Product	Retailer and Guide Price
<p><b>Bunion, Crossing or Curly toes</b></p>	<ul style="list-style-type: none"> <li>Toe spacer (gel)</li> </ul> 	<p><a href="http://www.amazon.co.uk">www.amazon.co.uk</a> £6.99</p> <p><a href="http://www.footcaresupplies.com">www.footcaresupplies.com</a></p> <p>Also stocked in various pharmacy shops</p>
<p><b>Bunion</b></p> <p>A deformity of the 1<sup>st</sup> metatarsal phalangeal (big toe) joints in the foot which can cause a prominence on the inner aspect of the joint.</p>	<ul style="list-style-type: none"> <li>Bunion splint</li> </ul> 	<p><a href="http://www.orthotics-online.co.uk">www.orthotics-online.co.uk</a> £6.95</p> <p><a href="http://www.boots.com">www.boots.com</a> £14.99</p>
<p><b>Clawed or Hammer Toes and Corns</b></p> <p>If the toes are clawed or hammered (raised in the middle joint), pressure can cause corns. This can be reduced with these devices.</p>	<ul style="list-style-type: none"> <li>Toe props</li> <li>Gel Toe Sleeves</li> </ul> 	<p><a href="http://www.amazon.co.uk">www.amazon.co.uk</a> £2-5.77</p> <p><a href="http://www.footcaresupplies.com">www.footcaresupplies.com</a> £6.90-7.40</p>
<p><b>Metatarsal Pain, Neuroma, Clawed Toes</b></p> <p>Pain in the ball of the foot or between toes caused by thickened tissue surrounding a nerve or by abnormally clawed toes.</p>	<ul style="list-style-type: none"> <li>Metatarsal dome pad</li> <li>Insole with dome</li> </ul> 	<p><a href="http://www.orthotics-online.co.uk">www.orthotics-online.co.uk</a> £14.95</p> <p><a href="http://www.physioroom.com">www.physioroom.com</a> £9.99</p>