



Areas We Treat: Foot & Ankle

Foot & Ankle Pain Relief Without Surgery

Healthy foot and ankle function is essential for maintaining balance, mobility, and an active lifestyle. However, foot and ankle pain is incredibly common, especially among active adults and the aging population, due to wear and tear, overuse, or underlying conditions like arthritis or tendonitis.

At Desert Spine and Sports Physicians, we're committed to restoring your mobility and reducing pain through holistic, [non-surgical treatment methods](#) tailored to your individual needs.

Common Causes of Foot & Ankle Pain

Foot and ankle pain can stem from a variety of sources—some simple and short-term, others more complex and chronic. In either case, understanding the underlying cause is the first step toward finding the right treatment plan.

Some common causes of foot and ankle pain include:

- **Plantar Fasciitis:** Inflammation of the thick band of tissue (plantar fascia) that runs along the bottom of the foot, often causing sharp heel pain.
- **Achilles Tendinitis or Tendinosis:** [Overuse of the Achilles tendon](#)—the band that connects calf muscles to the heel—can lead to acute pain and inflammation (tendinitis) or chronic pain and degeneration (tendinosis), causing pain at the back of the ankle or heel.
- **Arthritis in the Foot or Ankle Joints:** Degenerative joint conditions like [osteoarthritis](#) can lead to stiffness, swelling, and chronic discomfort in the foot and ankle.
- **Tendon Injuries or Strains:** Tendons surrounding the foot and ankle can become strained or torn due to injury or repetitive motion, leading to localized pain and weakness.
- **Stress Fractures:** Tiny cracks in bones—often caused by repetitive stress or overuse—are common in the feet and can cause persistent pain that worsens with activity.
- **Bursitis:** Inflammation of the bursae (small, fluid-filled sacs that cushion joints) can occur in the heel, leading to tenderness, swelling, and discomfort with movement.
- **Nerve Pain:** Conditions like tarsal tunnel syndrome or [peripheral neuropathy](#) can compress or irritate nerves, resulting in numbness, tingling, burning, and pain in the foot or ankle.

Our Non-Surgical Treatment Options

The nonsurgical treatment method appropriate for your foot or ankle depends on the cause and severity of the pain. However, our physiatrists typically recommend the following non-surgical treatment methods:

- **Platelet-Rich Plasma (PRP) or BMAC Therapy:** Uses the patient’s own concentrated blood [platelets or stem cells to promote healing](#) and reduce inflammation in damaged tissues, particularly helpful for tendon injuries and early to moderate arthritis.
- **Prolotherapy:** This [regenerative treatment](#) stimulates the body’s natural healing process to treat musculoskeletal pain and injury, particularly associated with ligamentous instability.
- **Physical Therapy Referrals:** Personalized exercises and stretches that strengthen the muscles around the foot or ankle, improve flexibility, and restore proper movement patterns to reduce pain and prevent further injury.

When to See a Specialist

Most mild foot and ankle pain, such as discomfort from a long day on your feet or minor strains, can often improve with rest, ice, and over-the-counter remedies. However, if the pain persists for more than a few days or interferes with walking, it may signal a more serious condition.

If you notice any of these signs, it’s time to seek evaluation:

- Swelling or visible deformity
- Pain that persists for more than a few days
- Limited range of motion or stiffness
- Tingling sensations, shooting pains, or numbness
- Pain that interferes with walking or daily activities

If you notice these or any other serious symptoms, it’s essential to see a specialist right away. An early and accurate diagnosis of the issue can help prevent long-term complications and restore healthy function.

Get Back on Your Feet with Expert Foot & Ankle Care

The [board-certified physiatrists](#) at Desert Spine and Sports Physicians leverage evidence-based treatment protocols with state-of-the-art diagnostics to deliver exceptional patient care to help treat various conditions, including foot and ankle pain.

If you’ve been struggling with foot or ankle pain, take the next step toward healing today. [Request an appointment](#) and let our team help you get back on your feet, pain-free.

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