



- ⌚ **The most common causes of the burning sensation or aching in the foot are mechanical friction or pressure against the skin, or compression of nerves in the forefoot (Compression Neuralgia).**
- ⌚ **Pressure against the sides of the foot** (as in a tight shoe) will compress the joints in the ball of the foot. This can either squeeze the nerves that run lengthways between (Metatarsal bones) & the joints, causing a burning sensation within the nerves themselves, or paralyse the action of the foot muscles by a squeezed nerve. Tiny areas of blood circulation may be decreased. This, in turn, can cause a muscle spasm, that results in a sensation of burning within that area of the foot.
- ⌚ **Wearing a safety shoe that is too loose**, or incorrectly laced, will allow the foot to slide inside the shoe. An extra pair of in-socks and/or two pairs of socks may be worn if the shoes are too loose. Try different lacing techniques to widen the fit of the shoe on the foot.
- ⌚ **It is important to note that total foot volume increases** by seven per cent after 4 hours of standing, so allowance must be made when fitting new boots for this natural increase in the overall foot “size”. Allowance should also be made for the added thickness of socks which is essential

when wearing safety footwear. Always try on new shoes in the afternoon, not in the morning!

- ⌚ **Peripheral neuropathy.** This is one of the most common causes of burning feet syndrome. It occurs when the peripheral sensory nerves connecting the spinal cord to the extremities are damaged. People who have had diabetes for a long time, or those with poorly controlled blood glucose levels, are more likely to develop peripheral neuropathy. Diabetes-related peripheral neuropathy develops gradually and may worsen over time. Other conditions that can cause peripheral neuropathy include chemotherapy agents, hereditary diseases, auto-immune disorders (including rheumatoid arthritis), exposure to toxic chemicals, infections, kidney failure, alcoholism, and nutritional imbalances (vitamin B deficiency, malabsorption syndrome).
- ⌚ **Athlete's Foot (tinea pedis).** This fungal infection is caused by mould-like fungi called dermatophytes that grow in moist, warm areas of the skin. Damp shoes & socks & humid environments allow the fungi to grow & spread. Symptoms of athlete's foot may include itching, burning, and stinging between the toes & the soles.

Toenails are particularly susceptible to fungal infections (onychomycosis), as moist socks & shoes due to sweat can provide a breeding ground for a fungus. They are commonly seen as black toenails which later on lose their shape. Fungal infections can usually be prevented with proper foot care - only using well-dried footwear & clean socks. Store the shoe in a ventilated place.

- ⌚ **Burning feet syndrome**, also known as **Grierson-Gopalan syndrome**, is a medical condition that causes severe burning and aching of the feet, hyperesthesia (a condition that involves an abnormal increase in sensitivity to stimuli of the sense) and vasomotor (refers to blood vessel altering its diameter - vasodilator or vasoconstrictor) changes of the feet that lead to excessive sweating.

The most common symptoms include:

- ⌚ Sensations of heat or burning, often worsening at night
- ⌚ Numbness in the feet or legs or heaviness
- ⌚ Sharp or stabbing pain
- ⌚ Dull ache in the feet
- ⌚ Skin redness or excess warmth
- ⌚ Prickling or tingling or a feeling of “pins and needles”

Treatment depends on the underlying causes or conditions.

SELF CARE:

- **Soak your feet** in cool water for at least 10 minutes. This may provide temporary relief. Very or Ice cold water is not recommended.
- **Avoid exposing your feet to heat.**
- **Raise your legs and feet.**
- **Take over-the-counter pain medicines (analgesics) after meals.**
- **Apply topical creams and ointments.** Non-prescription creams like Boroline/ Caladryl Lotion can be tried to relieve pain. Topical antifungal creams or lotions may be used to treat athletes’ feet.
- ⌚ Sometimes using perforated in-socks helps in reducing symptoms.

When should I see a doctor?

If the burning or tingling sensation persists or worsens over time, and does not respond to home treatment, visit a physician to determine the cause. Burning feet can be a warning sign of a more serious medical condition, such as diabetes mellitus, peripheral nerve damage, kidney disease or malnutrition. Undiagnosed or untreated diabetes can result in irreversible damage to the peripheral nerves.

Contact the **JCB team** today to get advice on any subject related to Safety Footwear by dropping an e-mail to info@jcbfootwear.in