



I'm seven months pregnant and am finding that my feet constantly ache – why is this and what can I do?

Profoot's Foot Doctor, William Hutchings of the Diss Podiatry and Chiropody Clinic, Norfolk says:

When a woman is pregnant, the extra weight gain combined with hormonal release relaxes certain ligaments in the body. As the foetus grows larger, the centre of gravity changes from the lower back to the front of the body, and during the later stages of pregnancy, the woman tends to turn out her feet for stability. This puts undue stress on the tendons, muscles and ligaments of the foot, which can cause problems including bunions, ingrown toenails, and other inflammatory conditions. A pregnant woman's foot can also swell or enlarge anywhere from one to two sizes, which can also cause further discomfort. Other common complications include swelling of the legs, varicose veins, leg fatigue and cramps.

What can be done?

- Wear comfortable, supportive shoes
- Use arch supports, such as Profoot's 'Supersport'. Their moulded design supports both front-to-back and side-to-side arches, keeping these bones in their natural position, thus reducing stress and strain to the tender areas
- Try to rest your legs regularly, ideally in an elevated position
- Develop a programme of stretches to help counteract the added strain put on tendons and ligaments
- Begin a supervised exercise program
- Relieve the pressure of uncomfortable bunions and corns with specially developed soft gel products such as Profoot's new 'Cornwrap' and 'Toe Protector'