

Foot Surgery or Arch Supports?

By

Dr. Steve Rosenberg, Contributor

Podiatrist, CEO / President Instant Arches Foot Products Inc. Instant Arches for Sandals & Fashion Footwear

12/12/2016 03:47am EST | Updated December 12, 2017

This post was published on the now-closed HuffPost Contributor platform. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, [send us an email](#).

Should I have foot surgery or try an arch support that is the question? Is it better to have foot surgery on foot problems such as a bunion deformity, heel spurs, plantar fasciitis, metatarsalgia (ball of the foot pain) and neuromas (benign nerve tumor) or try arch supports? Although surgery may be the first option that comes to mind when you visit a foot specialist, it is not always the best solution. Today, most patients are not running to sign up for surgery so quickly. In my opinion the only reason why you should ever consider foot surgery is when all other conservative treatments have failed. Mostly all foot problems can be helped with an arch support. If you choose over the counter arch supports make sure they are designed to fit in the arch of the shoe to support the foot in the correct spot. Remember you can always have surgery if necessary.

Arch supports will help solve many foot complaints and allow the foot to function biomechanically more efficiently. The key to success is making sure they are designed to properly support the joints of the foot and prevent abnormal pronation forces which cause the arch of the foot to flatten. It is those forces that create the foot problems that can eventually lead to needing surgery.

As we all know, women's fashion footwear is not designed with adequate arch support and therefore your feet can become quite painful when wearing them for long periods of time. Properly designed arch supports will slow down some of the more common foot problems that plague women today.

Often times, they can magically solve many structural problems in the entire body. They allow the foot to function biomechanically more efficiently. The key to the success is where it is placed in women's and men's shoes. By placing the arch product in the arch area of the shoe it will support the important joints of the foot and therefore aide in slowing down bunion formation and the development of heel spurs, plantar fasciitis and neuromas. It will help eliminate joint pain in the great toe joint by increasing the space in that joint and stop the jamming forces that cause joint pain. It will also prevent the arch of the foot from collapsing

The best selection of arch supports are found on line use key words such as instant arch support, arch supports and foot supports for heels or sandals.

When your feet are more supported they will feel better and your foot pain begins to disappear and the likelihood of wanting foot surgery will be a distant memory Always try conservative treatment first because once you have foot surgery you cannot make changes back to its original state.

Make smart choices and your feet will thank you.