Subject: : Tips and Tricks
Topic: : Cold Feet
Re: Cold Feet
Author: : pcray1231
Date: : 2012/12/18 8:15:04
URL:

PatrickC,

I'm pretty sure it was you who advised me on insoles a long time back. Undiagnosed but suspected to be peroneal tendonitis, pain is higher than most (outside of ankles/even calfs). I have very high arches. Initial doctor gave me arch support, which worsened the problem, and I never went back. After some discussion on foot mechanics here on the board you recommended trying lateral heel wedges. Just thought you might like an update.

I waited way too long to take your recommendation and get em. In early fall, my condition acted up severely on a fishing outing, and again a few days later just on a minor hike. In preparation (and dread) of deer season I went ahead and ordered a bunch and put them in all my footwear.

It didn't go away immediately, but I could tell it helped. It only acted up minorly in deer season, on walks where it would have been real bad before. More of an annoyance than feeling like an all out disability. At any time I could still "make" it hurt by stretching my foot in a given direction. But I didn't seem to be using that movement when walking as much.

Now, about 3 months into wearing them, the pain is totally gone. I can't even make it hurt with the foot stretch thing anymore. I can't say it won't come back. Aside from deer season, my daily walks are now much shorter and slower because the baby comes with, so it could be I'm just aggravating it less. But it's the first time in over 10 years that I can't even make it hurt if I try to with the stretch thing.

Also noticed, when I do walk, the muscles in the BACK of my leg get a little sore. Just normal muscle soreness, not the same kind of pain as before, and it passes in a day or two like sore muscles do. I assume it means I'm using muscles I never used to, and they'll strengthen with time.

So, anyway, I think the jury is still out but I'm confident there's a significant improvement, if not all out cure. Thank you. And I'd be happy to repay you in some way.