



Pregnancy and Your Feet

While the joy of motherhood may be one of life's most precious gifts, expectant mothers have to endure the rigors of pregnancy before they can experience baby bliss. As a woman's waistline expands, healthy weight gain during pregnancy can alter one's center of gravity causing a sway-backed posture called lordosis. This new posture, coupled with weight gain, can create pressure on the knees, legs and feet. Some of the most common lower-extremity ailments mothers-to-be may face are swollen feet, overpronation (commonly called flatfeet) and cramps in the legs and feet. An obstetrician or gynecologist should make a referral to an APMA member podiatrist for specialized treatment of these conditions.

American Podiatric
Medical Association
9312 Old Georgetown Road
Bethesda, MD 20814
Telephone:
301.571.9200
800.FOOTCARE
Facsimile:
301.530.2752
www.apma.org

Symptom	Cause	Podiatrist Recommended Treatments	Prevention
Swollen Feet/Increased Foot Size/Color Changes	<ul style="list-style-type: none"> Excess fluid, called edema, collects in the foot tissue. Extra blood accumulates in the lower extremities (due to weight and position of baby in the womb), usually during third trimester of pregnancy. Hormones released to increase the flexibility of the birth canal can also have an effect on the feet. This increase in foot size could be permanent after pregnancy. 	<ul style="list-style-type: none"> Try waist-high maternity support stockings. Put them on before you get out of bed in the morning so blood doesn't have a chance to pool around your ankles. *Bauerfeind's Venotrain Soft, Crescent, Gold Toe and Elastic Therapy are suggested. 	<ul style="list-style-type: none"> Put your feet up whenever possible. Uncross your legs or ankles while sitting. Stretch your legs frequently while sitting. Wear comfortable shoes. Measure feet periodically because feet can lengthen and widen.
Over Pronation/ Flat Feet	<ul style="list-style-type: none"> Arch flattens out due to body weight and feet roll inward when walking. Extreme stress or inflammation on the plantar fascia, the fibrous band of tissue that runs from the heel to the forefoot. 	<ul style="list-style-type: none"> Purchase APMA Seal approved, over-the-counter inserts. These should be designed with appropriate arch support and medial rearfoot posting to correct the overpronation. *Try Spenco For Her or Foot Petals inserts. 	<ul style="list-style-type: none"> Choose comfortable footwear that provides extra support and shock absorption such as *Dansko Professional or Crocs RX Cloud. Avoid high heels. If you're looking for a walking or athletic shoe, buy a running shoe, which also offers more shock absorption.
Plantar Fasciitis	<ul style="list-style-type: none"> Arch flattens out due to increased body weight and feet roll inward when walking. 	<ul style="list-style-type: none"> Pad and tape and use proper shoe inserts. Visit an APMA member podiatrist for orthotic devices and appropriate medications. 	<ul style="list-style-type: none"> Warm up and stretch properly before exercising. Exercise and stretch daily, and see a podiatrist for treatment. Do not walk barefoot or in backless shoes. Wear shoes that have a strong, supportive arch and firm heel. Wear lower heels and avoid high heels.
Cramps in the Feet & Legs	<ul style="list-style-type: none"> Increased blood volume during pregnancy and high progesterone levels relax your blood vessels to prevent high blood pressure. Relaxed and slack vessels can slow down your circulation. Increased weight in your pelvic area can compress the veins, reducing circulation to your feet. 	<ul style="list-style-type: none"> Stretch calves often. Wear supportive shoes. *Check out www.apma.org/seal for Seal of Acceptance footwear. Eat a healthy balanced diet to make sure there are no vitamin or mineral deficiencies. 	<ul style="list-style-type: none"> Walk the cramp out. Increase circulation by rotating your ankles 10 times to the right, then to the left. Switch legs. Repeat 10 times.

*These items have been reviewed by a team of podiatrists and awarded the APMA Seal of Acceptance. For more information about these products, visit www.apma.org/seal.