

Pregnancy & Your Feet

Information Sheet

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Pregnancy and Your Feet: What to Expect

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Here are some common foot changes that can happen during pregnancy:

1. **Flattening Arches:** Hormones released during pregnancy help your body prepare for birth by loosening joints and ligaments. This can affect the arches in your feet, making them appear flatter than usual.
2. **Foot Growth:** Some people find their feet actually get bigger during pregnancy. This can be due to swelling or the flattening of the arch, which can make your foot longer or wider. For some women, this change in foot size will remain post-partum and your feet may be a size or so bigger than they were before your pregnancy. It is important to make sure that you check your shoes still fit.
3. **Swelling (Oedema):** It's very common for feet and ankles to swell, especially later in pregnancy. This is due to increased fluid in your body and changes in circulation.
4. **Foot Pain or Discomfort:** Extra weight and changes in posture can put more pressure on your feet, sometimes leading to pain in the heels, arches, or balls of the feet.

What Can You Do?

Points 1, 2, and 3 most likely do not need you to do anything different. These are normal and should not be of concern. Whilst number 4, foot pain is common, you shouldn't have to put up with it. Below are some things you can try which may help.

- **Wear comfortable shoes** – Avoid flat, unsupportive footwear. Regularly consider their size and fit.
- **Elevate your feet** when resting to help reduce swelling.
- **Stay active** with gentle movement like walking or swimming.
- **See a podiatrist** if you're experiencing pain or discomfort.

When To Get Help?

If you're unsure whether what you're feeling or experiencing is normal, or if foot pain is affecting your daily life, it's a good idea to see a podiatrist. They can assess your feet and help you stay comfortable throughout your pregnancy.

Disclaimer: This document is an informative guide only and is not a tool for diagnosis or a replacement for a consultation with a Podiatrist. If you are concerned with your feet or leg/s during pregnancy or develop any pains or problems, we recommend that you see your Podiatrist for an accurate diagnosis and an appropriate management plan. Referrals are not required to see a Podiatrist.