

Can Fibromyalgia Cause Pain In The Ball Of The Feet



jimjam

Topics: Chronic Pain

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Have been diagnosed with Fibromyalgia. The worse pain is in my feet which feel like they are being crushed. Even the sheet touching them is painful. getting up in the morning is very hard as my tos are so stiff and painful. Is this a sign of fibro? Is there something I can do to reduce the pain ?



Laura Dern

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jimjam, you could be describing me as I was last year. My feet hurt so bad I could barely walk. Even the weight of a sheet caused me agony. And yes, some doctors told me I had fibromyalgia. In fact, over the years, as my pain grew, so did my list of diagnoses. I've been told it was "all in my head", it was fibromyalgia, it was one leg was shorter than the other...on and on and on through different opinions until I turned 50 and doctors began telling me it was "old age...everyone gets arthritis as they age."

With each new diagnosis, I had new hope for a cure. But nothing, not physical therapy, not drugs, not "pain management classes," ever really helped me. Over and over again, I was told, "Learn to live with it."


By 2009 I was so tired, so depressed and in so much pain, I literally had no life. I went on a marathon round of specialists who all told me the same thing—I had advanced osteoarthritis and by the end of the year, I'd be confined to a wheelchair. I stood outside the last doctor's office and wished I had a gun. I didn't want to live anymore.

And then by a miracle, and I do mean a MIRACLE, I heard about Dr. Brian Rothbart, the discoverer of Rothbarts Foot. Dr. Rothbart discovered that many people with chronic pain were actually born with a slightly twisted foot. As the baby grows, that twist radiates up through the spine, affecting the entire skeleton.

Dr. Rothbart developed a therapy to treat this twisted foot. I started long-distance therapy with him 6 months ago. One month later, my pain was greatly reduced. Two months into therapy, I put my cane in the closet and haven't needed it since. Although I am not yet entirely pain free, I have already returned to a normal life of working and doing things with my family and friends. Imagine actually having a life AFTER five specialists told me I would spend the rest of my life in a wheelchair!

A key symptom of Rothbarts Foot is uneven shoe wear. If you have shoes that wear down on one side or another, rather than wearing out evenly across the heel, I strongly urge you to learn about Rothbarts Foot. If you've been bounced around with one diagnosis after another, you need to find out about Rothbarts Foot. It's not well known, so your family doctor isn't likely to suggest it as a potential cause of pain, let alone be able to diagnose it, but Dr Rothbart has all his research online for anyone to read. A good place to start is <http://curingchronicpain.com>

Fibromyalgia is often used by doctors as a lable for anything they can't othewise diagnose. But even if you do have fibro, you may well have other issues that are causing pain, but are being overlooked. I encourage you to seek second and thrid opinions form specialists, not general practioners. If I hadn't been aggressive about seeking out many professional opinions, I'd be sitting in that wheelchair right now.

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