

# Popping in bottom of foot?!

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[zookeeperrunning](#) 227 posts since

Aug 8, 2008

*Yesterday while finishing a race I had a big pop in the bottom of my foot followed by a burning pain, and then a second pop. Has anyone ever experienced this or know what it could possibly be? I have never had any problems with this foot ever, so I am a bit curious as to what the \*\*\*\* happened. The pain is from the arch to the middle of my foot. It is swollen and bruised. Only hurts when I walk or apply a lot of pressure. After sitting for a while when I stand to walk the pain is quite severe, and foot is a little stiff. After walking around for a few minutes my foot loosens up a little and pain lessens a bit.*

**KEEP ON RUNNING!!:)**

**Carey**



[Damien Howell](#) 102 posts since

Feb 27, 2008 1. **Re: Popping in bottom of foot?!** Jun 14, 2009 8:52 AM

From you brief description, I would first suspect a rupture of either the plantar fascia or the posterior tibial tendon. Do NOT stretch it out!. Go to a health care professional to have it evaluated.


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Damien Howell MS, PT, OCS - [www.damienhowellpt.com](http://www.damienhowellpt.com)



[zookeeperrunning](#) 227 posts since

Aug 8, 2008 2. **Re: Popping in bottom of foot?!** Jun 16, 2009 7:26 AM

 in response to: [Damien Howell](#)

***Damien,***

***I am going to see my Orthopedic Doctor tomorrow to find out what is wrong, and see when I will be able to go out and run again. I have another race in 19 days, and one a week after that. Though I have a bad feeling I'm going to miss out on those two! Thanks for the advice. I will post a prognosis when I get back tomorrow!***

***KEEP ON RUNNING!!***


***Carey***

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[zookeeperrunning](#) 227 posts since

Aug 8, 2008 3. **Re: Popping in bottom of foot?!** Jun 21, 2009 6:32 AM

 in response to: [zookeeperrunning](#)

So I did infact rupture my plantar fascia, and am currently in a boot and using crutches...though at the moment it is unknown when I will be back running again.

KEEP ON RUNNING!!:)

Carey