

# Causes of Foot Numbness

## 1. Nerve Compression

Tight shoes, crossing your legs too long, or an injury can pinch the nerves in your feet. Conditions like tarsal tunnel syndrome (the foot's version of carpal tunnel) or a herniated disk in your back can cut off sensation as well. Think of it like stepping on a garden hose—the water (or, in this case, nerve signals) just stops flowing.



## 2. Peripheral Neuropathy

Peripheral neuropathy occurs when damaged nerves disrupt communication between your central nervous system and the rest of your body. Peripheral neuropathy is a common side effect of diabetes, alcoholism, and certain medications, and you might recognize it as a burning or tingling feeling or the sensation that you're wearing invisible socks.



## 3. Circulation Issues

Your feet may be starved for blood due to a traffic jam in your bloodstream. Circulation issues don't just mean that you get cold quickly. A variety of genuine medical conditions can cause them. If you have peripheral artery disease, your blood vessels are narrowed, meaning less oxygen can reach your feet, leading to numbness.



## 4. Vitamin Deficiencies

Your nerves could feel like a car running on empty. Low levels of B12 and other essential vitamins can cause nerve malfunctions and a sensation of numbness. Vitamin B12 deficiencies are most common in vegetarians, older adults, and people with absorption issues.

## 5. Foot Neuromas

A thickened nerve between the toes (usually the 3rd and 4th) can lead to sharp pain, tingling, or the odd sensation that you're walking around with a pebble in your shoe. Foot neuromas are often caused by wearing high heels or overly tight shoes.

