In my opinion walking is a cardinal part of life and it is an action not easily avoided. The participants in my trial made me realise that even though foot pain in general might not have the big societal impact that some illnesses have, the impact on a personal level can be huge. Being in pain during standing and walking will affect big portions of mobility, daily activities and recreation. I for one would be very unhappy if I could not wander around cities, go shopping or play sports anymore because of constant pain in my feet.