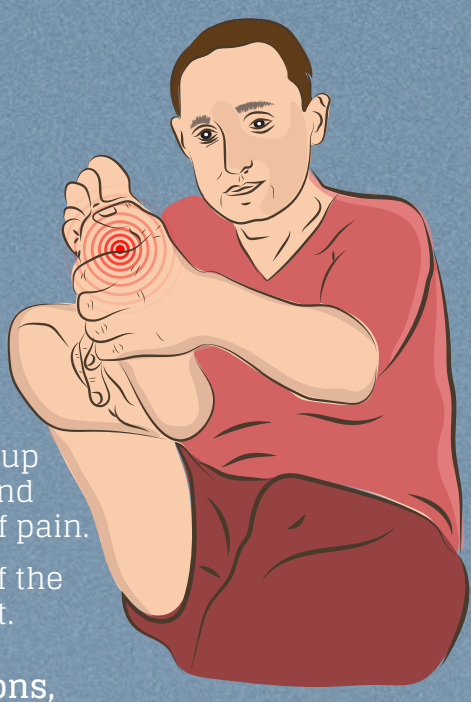


BALL OF FOOT PAIN (METATARSALGIA)



Ball of the foot pain usually builds up over time. It can be either a dull and aching or a sharp and shooting type of pain.

It is important to find the **CAUSE** of the pain to give the correct treatment.

As there are many possible reasons, doctors sometimes have to be detectives

Ball of the foot pain is the symptom of many possible underlying causes

Morton's Neuroma

High or Low Arches

Claw Toes

Bone Abnormalities

Arthritis

Fat Pad Atrophy



Morton's Neuroma is a thickening of tissue around a **nerve** in the forefoot and toes.

Can also feel like walking with a stone in your foot.



Bone Abnormalities are usually down to genetics. An **extended toe** or longer than normal metatarsal bone is a likely cause of pain.



Low or High Arches will both lead to excess pressure being placed on the forefoot.



Arthritis in the foot can mean that every step is more 'felt' leading to cases of chronic discomfort.



Claw Toes is where the toes curl into a fixed downward position.

This causes an **imbalance** in weight distribution across the foot and can impact on the metatarsals.



Fat Pad Atrophy is when the natural cushioning fat pads in the ball of the foot wear thin over or shift out of place due to overuse / injury.

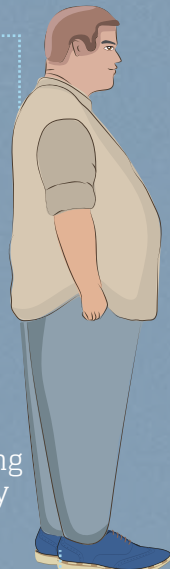
Everyday walking activities suddenly become a lot more painful.

Lifestyle causes:

Body weight
Excess Body Weight means = More Pressure which means = More Pain



Keep a healthy BMI. Just another advantage of eating healthy & exercising plenty



Sports / Overuse

Running, gymnastics, martial arts or simply going out for a long walk can cause increased stress to be placed on the metatarsal heads.

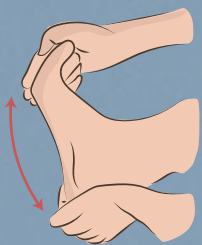
Pointy Ended Shoes

Squeeze the metatarsals into a tighter space which therefore increases pressure

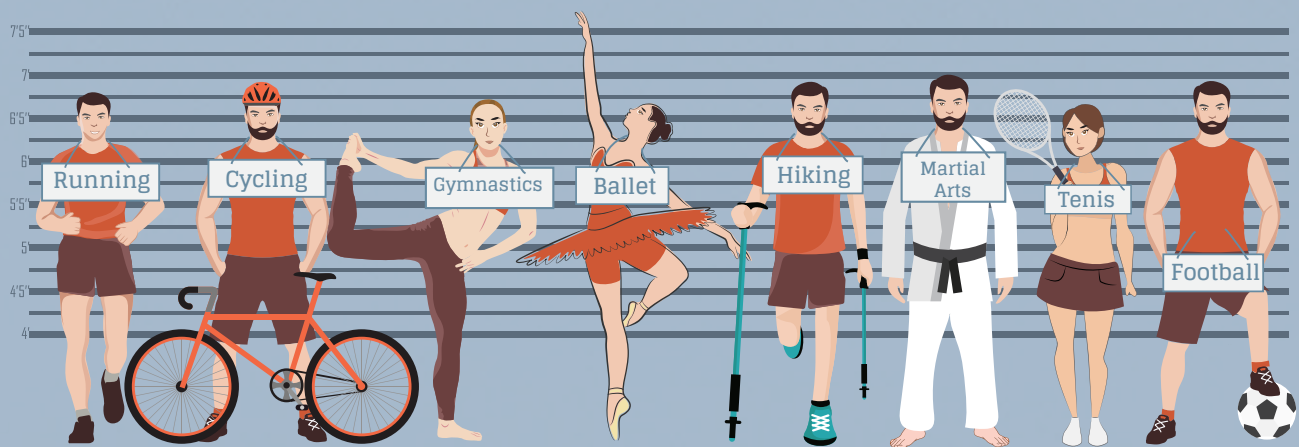


Wearing high heels further increases pressure in the forefoot due to the downward force of gravity.

You should train, stretch and warm up your foot muscles before in order to avoid injury.

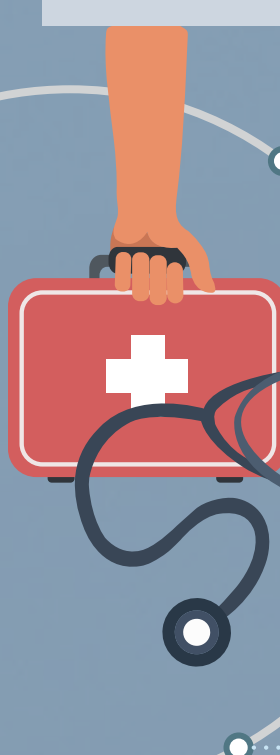


The usual suspects



If overuse and injury is the cause
Don't Do More
Do Less
... put your feet up & have a rest ...

How to treat:



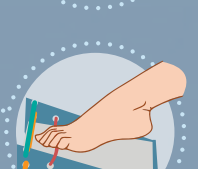
Using an **ICE PACK** for 20 minutes several times per day will reduce swelling. Over the counter anti-inflammatory tablets can also be effective – always read the label



ORTHOTIC INSOLES with arch support provide correction of balance and weight distribution. This can move undue pressure away from the metatarsals.



FOREFOOT PADS and cushions restore shock absorbency and provide cushioning, comfort and pain relief.



STRETCH & STRENGTHEN your feet by giving them a workout with some of the following metatarsal exercises:

- Walking on uneven surfaces
- Walking barefoot on sand
- Using a towel or Foot Gym

! If untreated:

The pain will get worse & you may become less active

Musculoskeletal disorders (MSDs)

Limping changes the way you walk and can also effect the heels, shins, knee and back

