

CUSTOM FOOT ORTHOTICS

Optimal treatment of this condition requires a custom molded foot orthotic which incorporates metatarsal arch support integrated into the design of the orthotics. A certified orthotics provider will determine if the orthotic should be corrective or accommodative. When possible the orthotics should correct a misaligned joint or improper mechanics. In cases of injury or arthritis it is often necessary to accommodate the presenting foot structure to relieve excessive pressures.

Properly fitting and supportive shoes are also important in order to achieve the greatest benefit from the foot orthotic. Your Orthotist/Pedorthist can advise you on shoe selection.

Forefoot pain by itself can be a symptom of Metatarsalgia, but could also indicate a few other pathologies and may need to be investigated further by your Doctor before the proper course of treatment can be determined.



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METATARSALGIA

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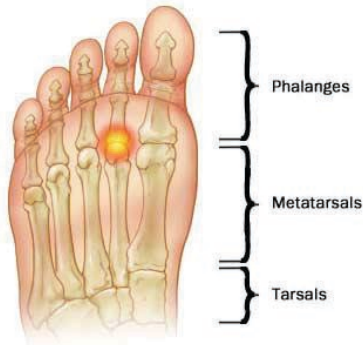
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METATARSALGIA

SYMPTOMS

Metatarsalgia is a diagnosis that refers to non-specific pain in the ball of the foot. The pain can be localized to one particular joint or encompass the whole forefoot region. Symptoms may be described as a dull ache, bruising or like “walking on a pebble”. As symptoms increase, forefoot swelling may occur, including numbness, tingling or burning.



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Without proper treatment the symptoms usually get worse or compensatory walking patterns develop which then tend to compromise other joints.

Metatarsalgia is often the result of a number of underlying problems rather than one specific cause.

Since the pain usually involves soft tissue and not bone, x-rays are of limited benefit. An accurate diagnosis of the underlying cause is essential in order to obtain the most effective treatment.

Metatarsalgia may also be used to describe more specific conditions such as:

- Capsulitis or capsular tear
- Arthritis
- Freiberg's Disease
- Morton's Neuroma
- Sesamoiditis
- Stress fractures

CONTRIBUTING FACTORS

Metatarsalgia is the result of improper pressure distribution under the forefoot due to:

- Structural deformity
- Joint dysfunction/misalignment
hyperpronation, hypermobile forefoot, splayed forefoot
- Inappropriate footwear



Shoes with a rockered forefoot can alleviate symptoms

TREATMENTS

Depending on the diagnosis the following treatments are recommended:

- Accommodate deformity
 - Custom molded insoles to mechanically direct force away from the point of pressure
- Reduce misalignment
 - Full contact corrective orthotics
 - Metatarsal/transverse arch support
- Change footwear choices
 - Wide toe box
 - Stiff forefoot material
 - Forefoot rocker
- Footwear modifications
 - Metatarsal rocker added to shoes
 - Full rockered sole modification

