

# Metatarsalgia



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Metatarsalgia is not an injury; it's actually a symptom or a group of symptoms. These may include pain in the ball of the foot, with or without bruising, and inflammation. Metatarsalgia can have a number of causes and, as a result, a number of treatments.

## What to look for:

Localized pain in the ball of the foot, on the bottom of the foot, in the area of the sole of the foot just before the toes. Metatarsalgia, the scientific name for this problem, is a painful but common occurrence. It is often localized in the metatarsal heads (the areas just before the second, third and fourth toes), or it may be more isolated, in the area near the big toe.

## Symptoms:

- pain in the ball of the foot
- Sharp or shooting pains in the toes also may be present
- tingling or numbness in the toes
- Some patients describe the feeling as being like “walking over pebbles, ”

## Orthotic Intervention:

- **Functional or Accommodative (hard or soft) depending on foot type**
- **Metatarsal Pad just behind the metatarsal heads**
- **Light Cushioning just under the metatarsal heads**
- **A cut-out under the metatarsal heads**
- **Rear foot and arch support**
- **Cushioned top cover**

