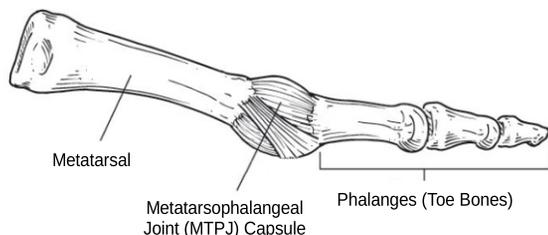


Metatarsalgia (MTPJ Synovitis)

Pain in the ball of the foot

Metatarsalgia is a painful inflammation (synovitis) of the metatarsophalangeal joints (MTPJs, or ball of the foot). It is often described as a bruised feeling or a burning sensation. It is more common to occur in a foot with a dropped metatarsal arch, hammer toes, or with decreased cushioning in the ball of the foot. Callusing or corns of the skin under the MTPJs can occur. Symptoms are worsened with prolonged activity on hard surfaces and with heeled shoes.



To treat this condition, the MTPJs need to be offloaded by a custom-made orthotic that has a metatarsal support to press on the metatarsal bone to take pressure away from the joint. Extra cushioning in the orthotic also helps to relieve pain in the ball of the foot.

Further treatment modalities include:

- Orthotics
- Orthotic Adjustments
- Never going barefoot
- Orthopaedic footwear (Rocker Soled)
- Anti-Inflammatories (Oral and Topical)
- Injections: Steroid (Depo-Medrol, Kenalog, Decadron)
- Blood (PRP - Platelet Rich Plasma)
- Casting (Walking Boot)
- Other

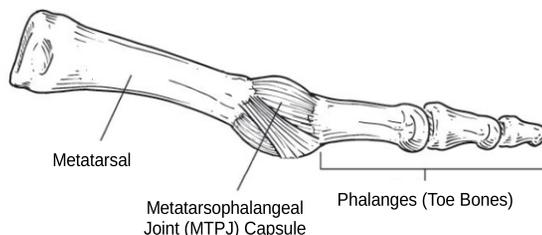
"Put your feet in our hands"

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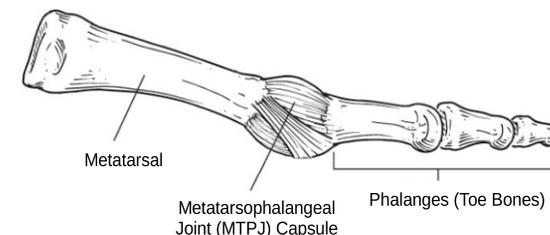
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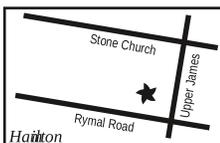


TENDER MEDICAL TREATMENT FOR:

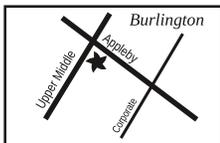
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic footwear
Custom orthotics	Shoe modifications
Compression Hose	Custom bracing

FOOTCARE PLUS:

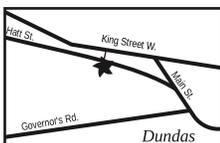
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to Family Physician
7. Fully private treatment suites
8. Licensed to prescribe medications if necessary
9. Recognized by major insurance carriers
10. Direct billing to many insurance companies



THE HAMILTON FOOT CLINIC
 1508 Upper James Street
 Hamilton, Ontario L9B 1K3
 Phone: 905-385-4251
 Fax: 905-385-1414



THE BURLINGTON FOOT CLINIC
 #22-1960 Appleby Line
 Burlington, Ontario L7C 0B7
 Phone: 905-681-2388
 Fax: 905-681-1871



HEWAK FOOT CLINIC
 60 Hatt Street, Suite 202
 Dundas, Ontario
 (Above Rexall Pharmacy)
 Phone: 905-628-8585

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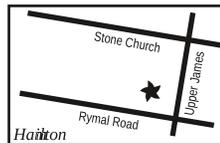


TENDER MEDICAL TREATMENT FOR:

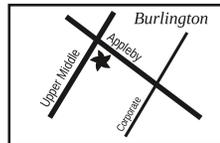
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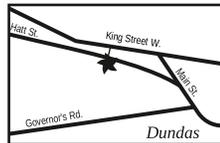
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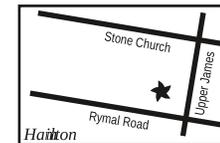


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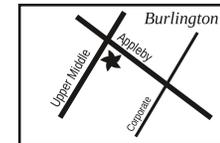
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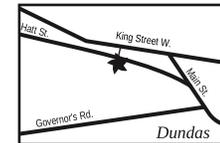
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