

Foot Clinic

CONDITIONS TREATED

- Achilles Tendonitis • Arch Pain / Arch Strain • Athlete's Foot • Bunions (Bunionettes)
- Callouses / Corns • Claw Hammer Mallet Toes • The Diabetic Foot • Heel Pain • Heel Spurs
- Ingrown Toenail • Knee Pain • Metatarsalgia • Morton's Neuroma • Morton's Toe • Neuropathy
- Overlapping Toes • Over Pronation (Flat Feet) • Plantar Fasciitis • Post-tib Tendonitis
- Sports Injuries • Shin Splints • Verrucae

SERVICES INCLUDE

- Gait Analysis • FootScan • Orthoses

Metatarsalgia/Forefoot Pain

Metatarsalgia / Forefoot pain is a general term used to denote a painful foot condition in the Metatarsal region of the foot (the area just before the toes, more commonly referred to as the ball of the foot). This is a common foot disorder affecting the bones and joints at the ball of the foot. Metatarsalgia is often located under the 2nd, 3rd, and 4th metatarsal heads or more isolated at the first metatarsal head (near the big toe). If it is under the big toe joint it may be due to inflammation of two small bones known as Sesamoids - in such a case the condition is known as SESAMOIDITIS. With this condition one or more of the Metatarsal heads become painful and/or inflamed usually due to excessive pressure over a long period of time. It is common to experience acute, recurrent or chronic pain with this condition.

This condition may be a result of ill fitting footwear. In such cases improving shoe styles to lower heels and extra room will reduce symptoms.

However it may also more often be a result of poor foot function which leads to overloading of the metatarsal area ie: dropped metatarsal arch in such cases the treatment of choice is the use of foot orthoses.

