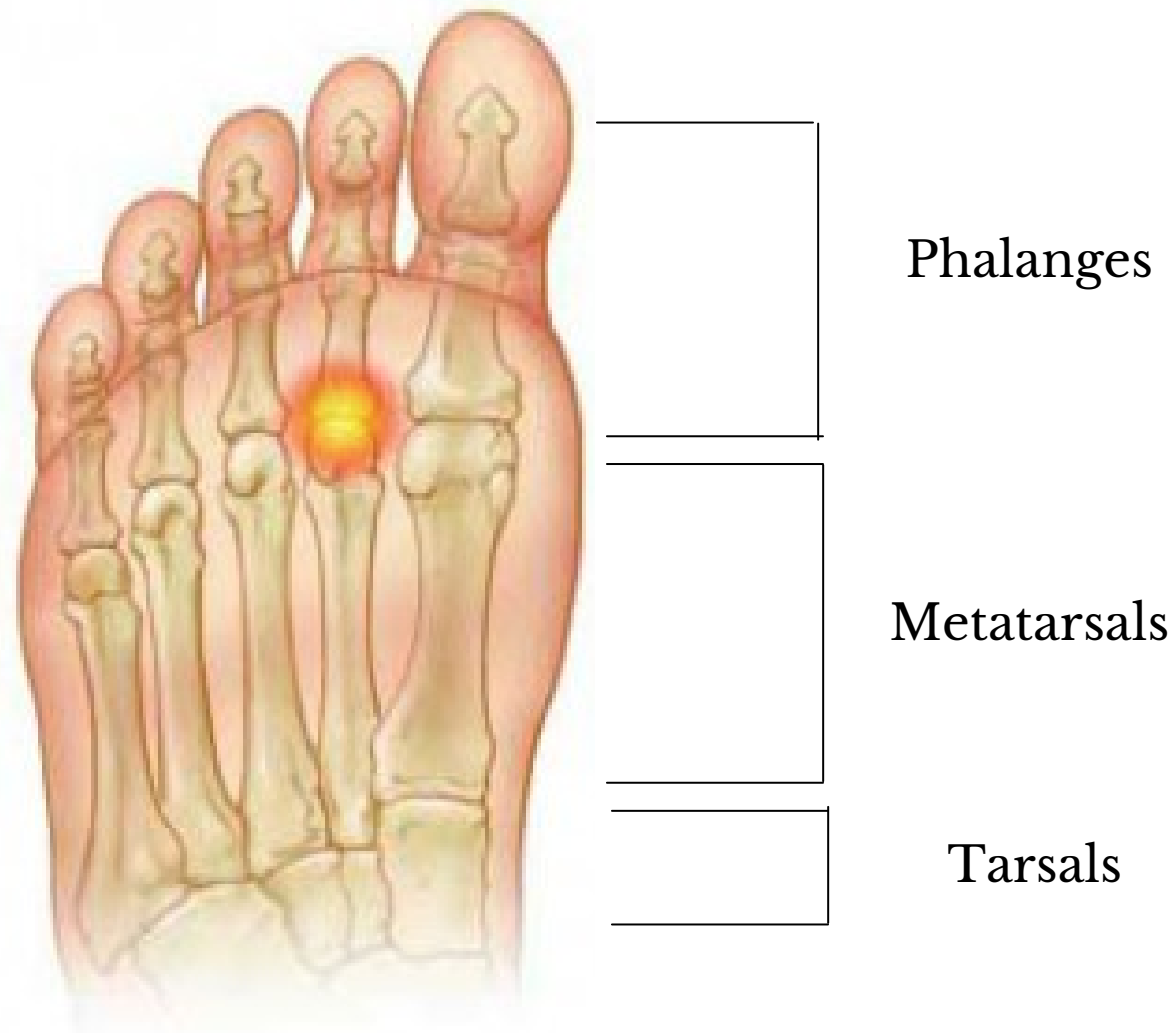


METATARSALGIA

Metatarsal Bursitis Neuroma Plantar Plate Tear

DEFINITION Pain and inflammation of the ball of the foot.



ANATOMY The ball of the foot (metatarsophalangeal joint) is the connection between long bones of the forefoot (metatarsals) and toe bones (phalanges).

SYMPTOMS

1. Sharp, aching or burning pain in the ball of the foot
2. Pain that worsens when standing, running and walking barefoot
3. Sharp and shooting pain
4. Feeling of having a pebble in your shoe

CAUSES

1. High impact activities
2. Imbalance in the length of the metatarsals (long bones in the forefoot)
3. High-heeled shoes

TREATMENT

1. Flatter shoes
2. Deflective insole
3. Dry needling/ Acupuncture
4. Cold Laser