

OrthopedicNotes

Metatarsalgia

Definition

Metatarsalgia is pain in or near the metatarsal heads (where the toes meet the larger foot structure), and is often described by patients as a burning, stabbing, or aching just beneath the toes. Another common description is the feeling of **stepping on a stone or wadded up sock**. It's no surprise that metatarsalgia often afflicts athletes, runners especially. During running, depending on the person's weight, the forefoot absorbs as much as 110 tons of cumulative force per mile.

Metatarsalgia can have many causes, including Morton's neuroma (the most common cause of Metatarsalgia, an irritation of the nerves between the third and fourth toes), stress fractures, calluses, even rheumatoid arthritis.

Treatment

The most common approach to treating metatarsalgia is to offload the affected area, redistributing pressure away from the point of tenderness. Foot Levelers functional orthotics and/or orthotic footwear are essential to an effective treatment plan. Chiropractic manipulation can also help redistribute stress and relieve pain. The most effective way of redistributing pressure away from the area is by using Foot Levelers orthotics—the only orthotic that supports the Anterior Transverse arch. Using our patented three arch support, our orthotics 'lift and spread' the metatarsal heads, alleviating much of the pressure on the nerve, which in turn reduces the amount of pain.

Anterior
Transverse
arch

