

# Metatarsalgia

Metatarsalgia 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).

With this condition, one or more of the metatarsal heads become painfully inflamed, usually due to excessive pressure over a long period of time. Metatarsalgia is often caused due to improper fitting footwear, frequently in women's dress shoes and other restrictive footwear. Footwear which has a narrow front causes the ball of the foot area to be forced into a small amount of space. This can inhibit the walking process and lead to extreme discomfort in the forefoot.

Other casual factors can be shoes with heels that are too high or participation in high impact activities without the use of proper footwear. In the older foot, the fat pad tends to thin out, making us much more susceptible to pain in the ball of the foot.

It is important, to establish that footwear is not causing the problem. Footwear should be wide fitting with a rocker sole. The wide fit allows the foot to spread, while the rocker sole reduces stress on the ball of the foot.

Products often recommended, include gel metatarsalgia pads and a forefoot cushioning. These products slip onto your forefoot to reduce pressure. When these products are used with appropriate footwear, you should experience significant relief.

## Suggested Products and Where to Buy Them

Local chemist shops such as Boots and Lloyds will stock a range of products.



This gently elasticated knitted gel strap encapsulates a thick gel pad which provides relief and protection to the ball of foot area. These are ideal for those who spend a lot of time on their feet.

**Mobilis** have also got a range of products: [www.mobilisdirect.com](http://www.mobilisdirect.com) Tel: 08448730035

The Vasyli Custom Extended Slimfit are high quality and long lasting Vasyli insoles. They are specifically designed to fit ladies fashion shoes, such as court shoes and high heels.

They are designed with a flexible base, which allows easy contouring of the shank of the shoe. A built in metatarsal raise ensures correct alignment of the metatarsal bones.

