

BALL OF FOOT PAIN Info Sheet

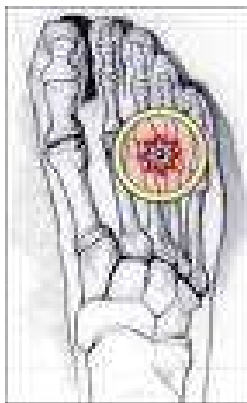
Introduction

Podlink Info Sheets are designed to provide Foot Pain sufferers with a printable version of basic information to assist in the understanding of various foot & leg pain complaints. They provide information on the possible causes and treatments of those complaints.

Please remember that the following information is for guidance only and if you are in any doubt at all we recommend that you consult your local GP, Podiatrist or Physiotherapist without any further delay.

What is Ball of Foot (Metatarsalgia) Pain?

Ball of foot pain, **metatarsalgia** or Morton's Neuroma are common conditions seen in the forefoot or the area just before the toes on the bottom of the foot. This area of the foot flexes prior to toe off in the gait cycle so is most loaded with forces at this point. Symptoms can range from burning, stabbing or throbbing pain in this region of the foot typically when wearing shoes.



What causes Ball of Foot Pain?

Improper fitting footwear. For example, wearing shoes that have insufficient toe area, causing the ball of foot area to be cramped into an excessively small space.

High heels can cause excessive pressure on the ball of the foot.

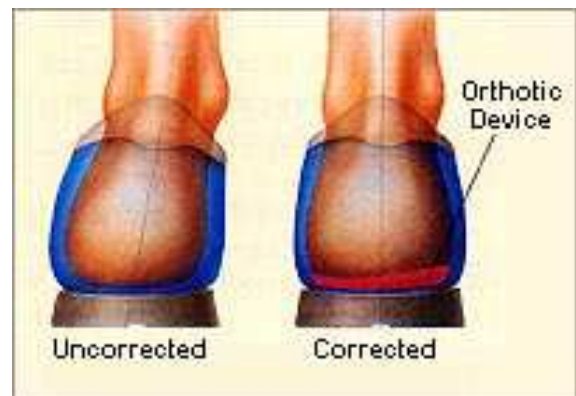
Participating in high impact activities with inadequate foot support.

Biomechanical causes such as flattening of the forefoot or metatarsal arch are significant contributing factors. When the foot excessively pronates the long arch of the foot excessively flattens, secondary to this the metatarsal arch flattens placing enormous stress on this region. The forefoot will often splay causing a squashing effect. Have someone shake your hand and really squeeze your fingers and knuckles, that's what is happening inside the shoe. This will eventually lead to compression of the joints and nerves of the forefoot resulting in Morton's Neuroma or joint capsulitis.

What treatments help Ball of Foot Pain?

This condition responds well to realignment of the foot, beginning with longitudinal arch support which will help align the metatarsals to redistribute the weight more evenly. This will also reduce splaying of the forefoot and flattening of the forefoot arch. Podlink orthotics are well designed to assist with this condition due to their arch control and ability to reduce excessive pronation with the 3/4 length allowing normal flexion for the foot prior to toe off when walking or running. The unique material used allows the orthotics to be placed in a wide variety of shoes. Professional dancers have found Podlink orthotics fit into their dancing shoes relieving the pain on the ball of their feet. We were pleasantly surprised when this was discovered in our research and development.

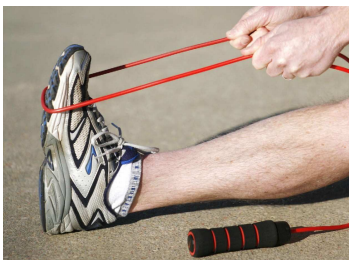
Wearing of appropriate footwear, with sufficient room in the toe area of the shoe. Correctly fitted footwear, with wide fitting shoes are the most appropriate and avoid high heels wherever possible.



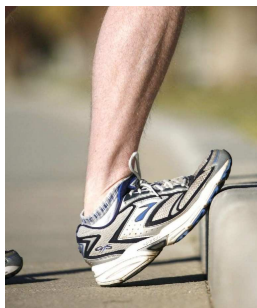


Icing is a very effective way of reducing inflammation. You can use any technique that suits your needs but we generally recommend approximately 10 minutes to the painful area no more than every four hours. The end of the day is generally the most effective time. Ice packs can be bought at most pharmaceutical retail outlets and sports stores. It is always a good idea to place the pack in a towel so the cold pack or ice is not in direct contact with the skin.

Stretching the muscle groups around the foot region. Daily stretching can be effective in reducing tension in the muscles and tendons.



Stretches should be done in a gentle motion until tension is felt in the muscle then hold for 20 seconds and rest for one minute then repeat 3-4 times. If burning in the leg or muscle occurs you may be applying too much force. If pain persists you may have to see a foot care professional.



Podlink Orthotics Features & Benefits

Podlink Orthotics provides genuine **medical grade biomechanical alignment** of the foot. They are not simply cushioning insoles.

Podlink Orthotics are **designed by Podiatry Professionals** with more than 20 years clinical experience.

Podlink Orthotics are made from a combination of Flexene & Polypropylene providing **long lasting relief, absorption and control** compared to other EVA alternatives that compress and quickly lose control.

Our belief in our product is supported by **our commitment** to provide our on-line customers with a **no risk** foot pain solution.



For more information on Ball of Foot Pain or other foot and leg pain related complaints please refer to our website www.podlink.com.au