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Localized pain in the forefoot^{1,2}

due to

Abnormal weight bearing on
the long bones of the foot¹

What to expect from your physical
therapy exam...

Observation
for
pain
and
callus

Assessment of
range of
motion
And
joint mobility

Assessment
of
strength

Observation
of
gait
mechanics

How is metatarsalgia treated?



Stretching
And
Strengthening
exercise



Walking
and
Running
drills



Shoe modification:^{1,3}
Avoid heels
Use rockerbottoms
Try specialized
insoles



Massage
and
Manual
therapy



Training
modification:
Decrease
volume of
impact exercise

