Localized pain in the forefoot 1.2



due to

Abnormal weight bearing on the long bones of the foot

What to expect from your physical therapy exam...

A R Observation for pain and callus

Assessment of range of motion
And
joint mobility

Assessment of strength

Observation of gait mechanics

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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





Scranton PE. Metatarsalgia: A clinical review of diagnosis and management. Foot and Ankle. 1981; 1(4): 229-234

Hofmann UK et al. Transfer of plantar pressure from the medial to the central forefoot in patients with hallux valgus. BMC Musculoskeletal Disorders. 2019; 20: 149

