

Metatarsalgia



Localized pain in the forefoot.¹

Common causes are tight shoes, high heels, long second toe, or tight calves

What to expect from your physical therapist exam...

Observation of...
Pain and callus

Assessment of...
Range of motion and joint mobility

Assessment of...
Strength

Observation of...
How you walk



How is metatarsalgia managed?



Stay active and focus on activities that do not increase symptoms.

If metatarsalgia is left untreated it could lead to injuries in other areas of your body such as knees, hips, and low back.

- Stretching and strengthening exercises
- Walking and running drills
- Shoe modification: Avoid heels, tight shoes, use rocker bottoms, try specialized insoles
- Massage and manual therapy
- Training modification