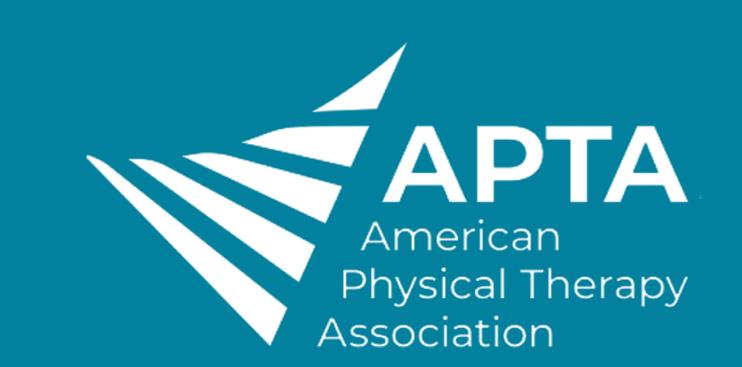
Metatarsalgia

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



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



