

## MORTON'S NEUROMA / METATARSALGIA



In the ball of the foot there are five metatarsal heads, these are the ends of the bones that are called metatarsal bones which are the longest bones in the foot. Metatarsalgia is a common cause of pain in the sole of the foot, which can be felt as a dull or sharp pain. Because of the continual pressure being applied to the ball of the foot, calluses can be found on the sole of the foot under the metatarsal heads.

Metatarsalgia is the result of the four arches; metatarsal arch, inner and outer longitudinal arches, and transverse arch, where ligaments that are like strong cords or ropes connect the bones to provide stability to the joints. Over time, with our daily activities, the wear and tear on the feet can cause these ligaments to become stretched and lose their strength and effectiveness, and then the metatarsal arch loses its shape and more pressure is then applied to the metatarsal bones, causing toe joints to become inflamed and stiff causing pain. If this occurs, it is likely to be Metatarsalgia which affects the ball of the foot under the 2nd, 3rd, and 4th metatarsal. If one or more of your toe joints becomes inflamed and stiff causing pain, or often times a burning sensation is felt, it is very likely that Metatarsalgia is the cause.

Another problem associated with Metatarsalgia which causes pain in the ball of the foot, is the condition called Morton's Neuroma. This is where an abnormal function of the foot leads to bones squeezing a nerve usually between the 3rd and 4th metatarsal heads.

*Feet First Arch Supports* have proven themselves successful with the foundational support that they offers, putting the bones, muscles, and ligaments back to their proper places, also supplying a metatarsal lift that has a significant lift to it which accommodates taking a great deal of pressure off from the balls of the feet; off from the metatarsal heads and pinched nerves, caused by metatarsalgia or Morton's Neuroma. This insole is very effective and adaptable. Also, the use of proper footwear is important. Wearing a shoe that is designed to the shape of your foot and offering a deeper toe box is essential.

### Disclaimer

At Feet First Arch Supports we do not diagnose, prescribe or fill prescriptions.

For serious foot related problems, please consult your physician.

Use of products and information provided herein is at the clients' sole discretion.