

FOREFOOT (BALL OF FOOT) PAIN



FOOT SMART FOCUS
PATIENT INFORMATION SHEET

Who would have thought so many problems can occur in our forefoot?

Do you have...

- Pain in the ball of the foot, or shooting pain up into the toes?
- Pain when wearing certain shoes, or doing only some specific activities (i.e. dancing, running, walking etc)?
- Toes spreading or going crooked?
- Pain under the big toe?

Many of the conditions in this area are complicated and hard to diagnose without expertise. Whether or not you have a diagnosis, here are a list of the most common causes of pain in this area:

- **Morton's Neuroma** is a common cause of forefoot pain, usually characterised by shooting, burning sensations from the ball of the foot extending into the toes.
- **Hammer/Claw Toes** are when toes are gripping on to the ground to gain more balance.
- **Capsulitis** is an inflammation of a joint capsule on the foot
- **Plantar Plate Disruption** is a tear or sprain of a fibrous ligament connecting the bottom of the base of the toe to the corresponding metatarsal head.
- **Sesamoiditis** is an irritation of the sesamoid bones (2 tiny bones within the tendons that run to the big toe)
- **Stress Fracture** is a small break or fracture in the bone due to repetitive loading
- **Intermetatarsal Bursitis** is when a bursae (fluid-filled cushioning sac) becomes inflamed and aggravated (bursitis) when increased pressure or stress is placed on them
- **Metatarsalgia** is a general umbrella term for forefoot pain beneath the ball of the foot, or the area just before the toes. This usually is the result of an increase of pressure on one area of the forefoot due to faulty foot mechanics.

More questions? Call us or check out our website.

07 4942 5016

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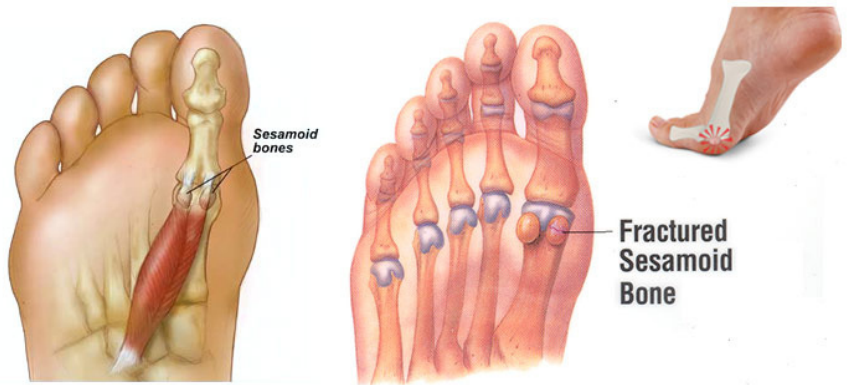


FOR THE DOCTOR CLINICAL PRACTICE GUIDELINE

Morton's Neuroma



Sesamoiditis

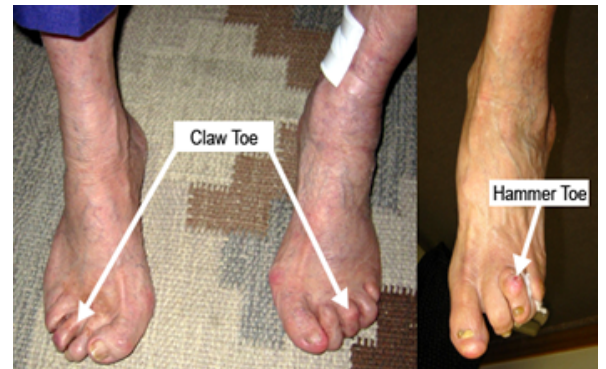


Stress Fracture

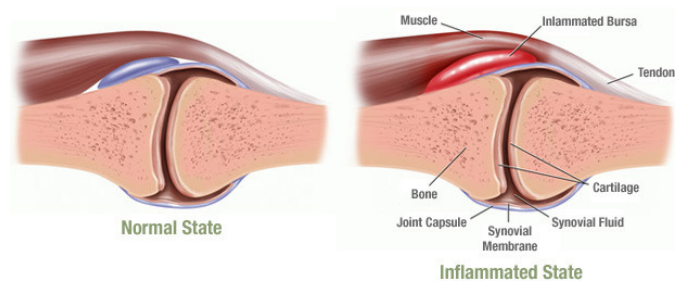


Plantar
Plate
Disruption

Hammer/Claw Toes

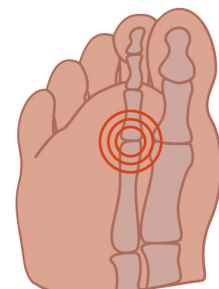


Intermetatarsal Bursitis
BURSITIS – BURSAE INFLAMMATION



Metatarsalgia

Capsulitis



We have comprehensive Clinical Practice Guidelines on our website for this condition, including videos, more details, and literature references.