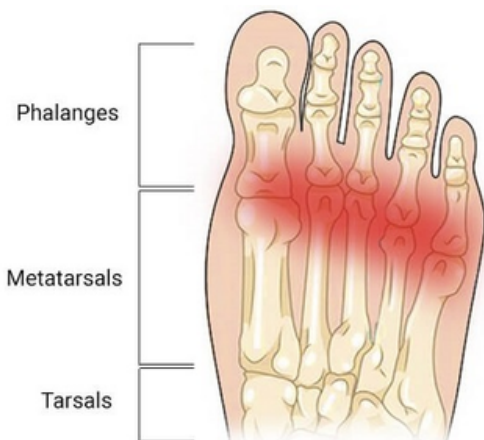


Metatarsalgia (MTPJ Synovitis)

Pain in the ball of the foot

Metatarsalgia is a painful condition involving inflammation of the metatarsophalangeal joints and surrounding tissues “ball of the foot”. It is often described as a bruised or burning sensation and feels like “walking on a pebble”. It is commonly seen in individuals with reduced metatarsal arch, hammer toes, or reduced cushioning in the forefoot. Calluses/corns may develop under the toes. Symptoms are typically worsened by prolonged activity on hard surfaces and by wearing heeled shoes.



Treatment requires offloading the “ball of the foot” to reduce pressure and inflammation.

Custom orthotics with metatarsal support redistribute pressure and provide cushioning to the “ball of the foot”, reducing inflammation and pain.