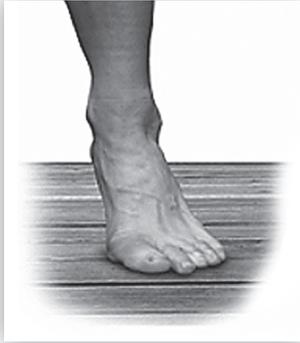


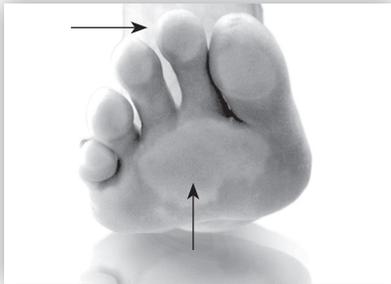
BioPed

metatarsalgia



Metatarsalgia is a condition that describes generalized pain at the bottom or 'balls' of the feet, or simply called pain in the forefoot. As we walk, our forefoot joints flex, twist and turn. The force generated through the forefoot may be equivalent to 5 times our body weight. Three specific and common conditions associated with metatarsalgia – Morton's Syndrome/Neuroma, Joint Head Pain and Interdigital Neuroma are described below.

CAUSES And The Effects On Your Feet



Morton's Syndrome/Neuroma

- These conditions occur when the first toe is shorter relative to the second toe. This leads to excess pressure being placed on the ball of the second toe (Morton's syndrome) and/or a pinching of a nerve between the 3rd and 4th toes (Morton's neuroma)

Effects

- Tender joint of the second toe
- A sharp shooting pain in the area of the toes
- Possible numbness or pins and needles sensation in the toes
- Excess pressure on the second toe causing callous formation



Metatarsal Joint Pain

Any or a combination of the following can contribute to joint pain in the ball of the foot:

- Pes planus (flat feet)
- Pes cavus (high arched feet)
- Toe deformities
- Osteoporosis and arthritis
- Direct trauma to the joints

Effects

- Increased pressure causing callousing under the ball of the foot
- Joint tenderness or stiffness
- Change in walking pattern to avoid pain
- Increased potential for stress fractures
- Site of ulceration for diabetics
- Sensation similar to walking on a pebble when going barefoot



Interdigital Neuroma

This condition can be described as pinching of a nerve between the toes.

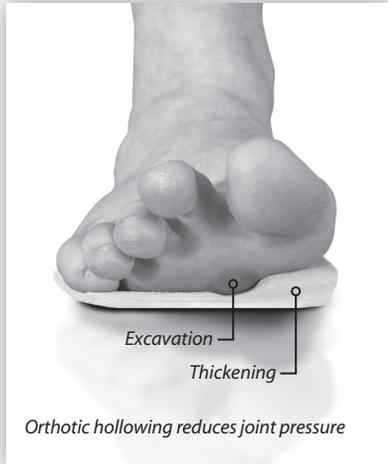
- Pointy toed shoes
- High heeled shoes
- Pes planus
- Pes cavus
- Old worn out shoes

Effect

- Pain in the toe area that feels like an electric shock
- Numbness
- Pins and needles
- Tendency to remove shoes whenever possible for relief



THE SOLUTION Pedorthic Treatment Options



Semi-Rigid Orthotics

The three dimensional mould taken of your foot by the Pedorthist reflects the amount of support, correction and type of cushioning materials needed to give the patient comfort and relief. Custom orthotic features for forefoot problems may include:

- Forefoot cushioning materials.
- Thickening of material under strong joint heads, excavating (hollowing) under painful joints.
- Prominent metatarsal pad or bar to lift and separate metatarsal joint heads.
- Wedges to redistribute weight more evenly throughout the forefoot.

Footwear

- Most stability and motion control footwear offered at BioPed centres have removable insoles that can be replaced with your custom made orthotics. Wide, stable sole bases that taper in thickness from the ball to toe tip will give relief when walking (mild rocker).
- Footwear with a wider toe box fit will ease corns and pinched nerves.
- Footwear is available in walking shoes, sandals, work and hiking boots as well as a wide variety of athletic footwear.
- Sandals with a moulded footbed or worn with custom orthotics are a great alternative to house slippers.
- Footwear is also available for patients with conditions necessitating extra depth and/or stretch uppers.



Rocker Soles (for chronic conditions)

A thicker sole tapered to the toes can eliminate flexion and reduce pressure on painful joints. This can be added to most stability footwear.

The Canadian Certified Pedorthist

The BioPed Pedorthist is specialized in the casting, manufacturing, fitting and modification of many types of custom-made orthotics. Orthotics reflect the patient's condition, lifestyle and footwear requirements. A selection of fashionable footwear that are orthotic friendly, blended with on-site labs that can mould and shape footwear to fit, offers the patient relief from foot problems.

Please visit www.bioped.com for
a list of all centres across Canada