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## Metatarsalgia

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Information from Foot Solutions

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Metatarsalgia is the medical name for pain in the ball of the foot.

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Symptoms

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The metatarsal area is the region where the toes join the rest of the foot and is a spot often subjected to added pressure because of high heeled shoes, abnormal foot shape, overpronation (excessive inward rolling of the foot) or oversupination (excessive outward rolling of the foot), poorly fitting shoes, diminished fat pads on the ball of the foot, a neuroma (a mass of nerve tissue) or intense training or overuse.

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Causes

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Metatarsalgia can be caused by several factors, including the following:

- Increased pressure on the ends of the metatarsal bones due to abnormal foot shape, overpronation (excessive inward rolling of the foot) or oversupination (excessive outward rolling of the foot)
  - Wearing poorly fitted, constricting footwear or high heel shoes
  - Ligament injuries and joint irritation
  - Calluses or skin lesions caused by excessive pressure on a specific part of the ball of the foot
  - Aging, which tends to thin out or shift the fatty tissue of the foot pad
  - Sports that place tremendous pounding on the ball of the foot, like jogging
  - A neuroma (a painful mass of nerve tissue)
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Treatment and Prevention

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The vast majority of causes of Metatarsalgia can be alleviated or solved by the use of arch supports and better fitting shoes. Other treatments options for Metatarsalgia include:

- Taking anti-inflammatory medications can help reduce Metatarsalgia pain
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- Adding ball-of-foot cushions to your shoes can reduce shock to the ball of the foot and provide cushioning to feet that have thinning fat pads
- Metatarsal pads can take pressure off very specific spots on the ball of the foot

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## Foot Solutions Products

- Supportive athletic, casual or dress shoes
- Off-the-shelf arch supports
- Custom arch supports
- Metatarsal inserts and/or pads
- Ball of Foot Cushions

Visit a Foot Solutions fit expert today for a free digital foot assessment, consultation and treatment recommendations for effective non-invasive solutions.

**For more information, or to find your local Foot Solutions Store please visit our website**

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