



Metatarsalgia

Pre-Referral Considerations:

1. Metatarsal phalangeal area differential includes bunions (hallux valgus), hallux rigidus (degenerative arthritis), and turf toe (forced hyperextension of great toe) and Gout.
2. Second most common area of pain in the forefoot is the plantar surface below the second and third metatarsal (MT) diaphysis, so-called metatarsalgia. It is due to partial or complete collapse of the transverse arch formed by the metatarsal heads. Neuroma can lead to numbness and pain also.
 - a) NSAIDS
 - b) Shoe gear
 - c) Reduce activities
 - d) OTC arch supports $\frac{3}{4}$ length
 - e) Achilles stretches

Lab/Imaging Studies:

1. X-rays, weight bearing preferred
 - a) Mainly to rule out stress fracture if high suspicion

Tests to Avoid:

1. MRI, CT scan

Comments:

1. Metatarsalgia can be difficult to differentiate and has many subtypes
2. Podiatry may discuss Custom orthotics/OTC arch supports, shoe gear evaluation, Injection and or surgery