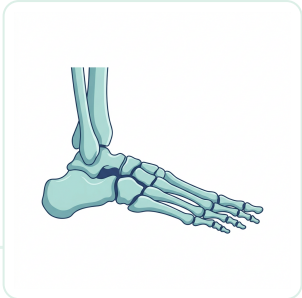


PATIENT EDUCATION · COMMON FOOT & ANKLE CONDITIONS

Ball of Foot Pain

Pain in the ball of the foot — called metatarsalgia — is pressure-related pain under the metatarsal heads, the bones just behind the toes. Causes include foot structure, high-impact activity, unsupportive or high-heeled shoes, thinning of the natural fat pad with age, and conditions like neuromas or capsulitis. Because several different problems cause similar pain, an accurate diagnosis is the key to lasting relief.



For educational illustration only.

At a Glance

Focus area	Common Foot & Ankle Conditions
Goal of care	Pain in the ball of the foot — called metatarsalgia — is pressure-related pain under the metatarsal heads, the bones just behind the toes.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Anyone with aching, burning, or sharp pain under the ball of the foot
- Patients who feel like they're 'walking on a pebble'
- Those whose pain worsens with standing, walking, or certain shoes

When to Seek Care

- Ball-of-foot pain lasting more than a couple of weeks
- Numbness or tingling into the toes
- A callus building up under the painful spot
- Pain that changes how you walk

How We Evaluate

- Examination of the forefoot, toes, and pressure points
- Assessment for neuroma, capsulitis, or joint problems
- X-rays or imaging when needed

Treatment Options

- Metatarsal pads, cushioning, and footwear changes
- Custom or over-the-counter orthotics to redistribute pressure
- Activity modification, icing, and anti-inflammatory measures
- Injections or procedural options for specific diagnoses like neuroma

What to Expect

1

A specific diagnosis — not just 'foot pain'

2

Pressure-relief strategies that work with your lifestyle

3

Advanced options if conservative care isn't enough

Common Questions

Why does it feel like I'm walking on a pebble?

That classic sensation often points to a Morton's neuroma — a thickened nerve between the toes — though other conditions can mimic it. An exam distinguishes the causes.

Will insoles fix ball-of-foot pain?

Well-placed support and metatarsal padding help many patients, but the right solution depends on the diagnosis. Some conditions need targeted treatment beyond insoles.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov
- American Podiatric Medical Association — apma.org

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.