

Morton's Toe

A condition when the first metatarsal is abnormally short, therefore, the second toe appears to be longer than the first.

Sign	<ul style="list-style-type: none"> - second toe appears longer than the first - pain or point tenderness under 2nd metatarsal - pain ranges from non-weight bearing to pain only with running
Causes	<ul style="list-style-type: none"> - born with 1st metatarsal abnormally short
Treatment	<ul style="list-style-type: none"> - pad or orthotic to take pressure of 2nd metatarsal head - proper footwear

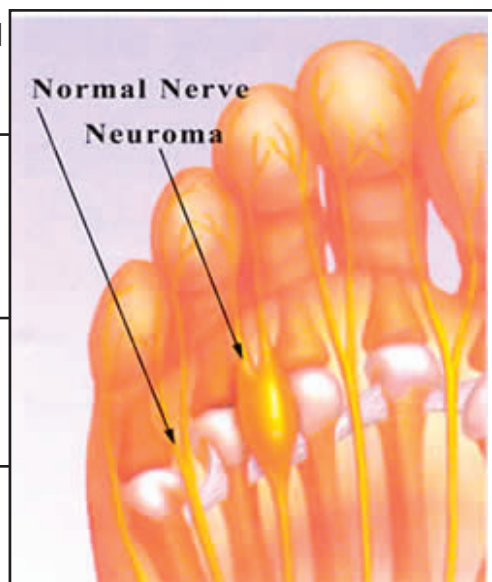


A person with Morton's toe may never experience any pain or symptoms, but as a result of increased weight being transferred to the second metatarsal, a stress fracture of the second metatarsal may occur.

Morton's Neuroma

Enlargement of the nerve, between the 3rd and 4th metatarsal heads

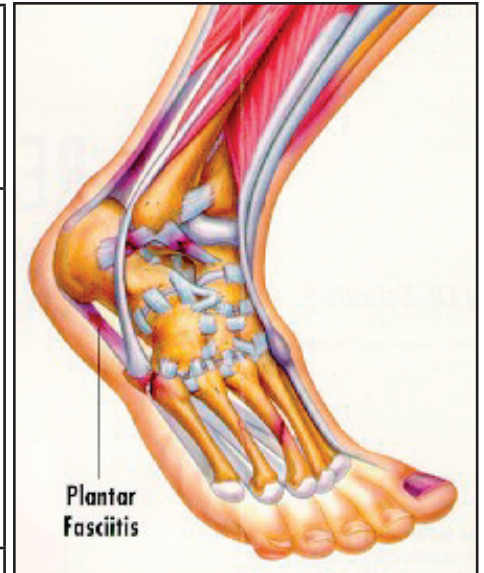
Sign	<ul style="list-style-type: none"> - pain between the 3rd and 4th metatarsal heads that radiates to toes, and is relieved by not bearing weight on the affected foot - burning, tingling, numbness - hyperextension - squatting, running, climbing steps
Causes	<ul style="list-style-type: none"> - narrow shoes or high heels - structural deficiency (flattened transverse arch and/or foot pronation) - excessive pounding or over-training on hard surfaces
Treatment	<ul style="list-style-type: none"> - teardrop shaped pad placed under the 3rd and 4th metatarsal heads to spread heads apart, and decrease pressure on neuroma - properly fitted shoes with a wide toe box - bone scan to rule out a stress fracture may be necessary - surgery may be required



Plantar Fasciitis

Inflammation of the plantar fascia. The plantar fascia originates under the heel (calcaneus) and extends to the ball of the foot (metatarsal heads) and helps to support the arch.

<p>Sign</p>	<ul style="list-style-type: none"> - pain first appears on bottom of heel (spot tender) and migrates forward toward the ball of foot as the condition progresses. - decreased function - pain worse in the morning or when cold
<p>Causes</p>	<ul style="list-style-type: none"> - overuse - hard landing - running or playing on uneven or soft surfaces - running on balls of feet - long running stride - leg length discrepancy - foot pronation - tight calves/Achilles - inflexible or high arches (pes caves) - unsupported or broken down shoes
<p>Treatment</p>	<ul style="list-style-type: none"> - correct the cause - heat/ultrasound prior to activity - stretch Achilles and arches - arch taping, heel cup, orthotics, night boot - anti-inflammatory medications - ice (roll frozen water bottle) after activity - massage - visit M.D. for a stronger prescription medication, or injection therapy - foot flexor muscle strengthening - may need to rest or modify activity until symptoms resolve - gradual return to activity



- Slow healing and persistent – can last 8-12 weeks
- If symptoms are ignored it can develop into a **heel bone spur**