NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Metatarsalgia (Forefoot Pain)

Metatarsalgia means pain around the ball of your foot, near the bases of the toes. It can feel aching, burning, or sharp and may worsen with standing, running, or walking. The name describes a painful area rather than one specific cause.

Why an examination helps

Shoe pressure, foot shape, repeated impact, and other foot conditions can contribute. Your clinician will ask where the pain is and examine the foot. Imaging may be needed to check for a stress fracture or another problem.

Reduce painful pressure

Temporarily reduce activities that bring on pain. Choose well-fitting, supportive shoes and avoid footwear that crowds the forefoot. A clinician may recommend a pad or insert; its placement should suit your foot and symptoms.

Ice wrapped in cloth and suitable pain relief may help symptoms. Ask which exercises and activity changes fit the diagnosis before starting a new routine.

When to seek care

Arrange a visit if pain persists or changes how you walk. Following an injury, severe pain or inability to bear weight needs prompt assessment. A foot that becomes cold, blue, or numb needs emergency evaluation.

Related reading

- Stress Fractures
- Foot Strains

Sources and further information

- Cleveland Clinic: Metatarsalgia
- NHS: Sprains and strains

This handout provides general education. Your treating clinician can explain how it applies to your injury.