

Mayo Clinic Medical Edge

Metatarsalgia

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
(Meta-tar-salgia)	YOU MAY NOTICE IT MOST WHEN YOU RUN OR JUMP, BUT METATARSALGIA CAN ALSO MAKE WALKING DIFFICULT.
Steven Kavros, D. P.M. Track 1 (10:50)	"METATARSALGIA IS KIND OF A CATCH-ALL TERM FOR PAIN IN AND AROUND THE METATARSAL HEADS."
	THE METATARSAL HEADS EXPLAINS MAYO CLINIC DR. STEVEN KAVROS ARE WHERE THE LONG BONES OF YOUR FOOT MEET THE TOES. WHILE THERE CAN BE MANY CAUSES, RUNNING AND OTHER ACTIVITIES THAT PUT

	<p>A LOT OF REPETITIVE STRESS ON THE FEET CAN RESULT IN PAIN AND INFLAMMATION. THE GOOD NEWS IS THAT IT OFTEN DOESN'T TAKE MUCH TO FIND RELIEF.</p>
<p>Dr. Kavros Track 1 (12:23)</p>	<p>“A METATARSAL PAD THAT GOES JUST BEHIND THE METATARSAL HEADS TO TAKE THE STRESS OFF... A SHOE THAT HAS A LITTLE MORE SHOCK ABSORPTION, AN INSERT. THINGS LIKE THAT.”</p>
	<p>SOME FOOTWEAR CAN MAKE THE PROBLEM WORSE, INCLUDING SHOES THAT DON'T HAVE ENOUGH SHOCK ABSORPTION, HAVE A SMALL OR CRAMPED TOE AREA AND HIGH HEELS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

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