




Clinical Condition	Metatarsalgia / Morton's neuroma
Eligibility	<p>Pain in the forefoot</p> <p>Pain in the toes worsened by closed/ tight shoes-> Morton's neuroma.</p> <p>Pain under the metatarsal heads (ball of foot), feels like a stone, worse when barefoot-> Metatarsalgia</p> <p>Can be bilateral</p> <p>May have callosity under foot</p> <p>May be associated with hallux valgus, hallux rigidus</p>
Clinical Photos	
Differential Diagnosis	<ol style="list-style-type: none"> 1. Metatarsalgia 2. Morton's neuroma 3. Plantar wart 4. Diabetes neuropathy 5. Plantar plate tear
Information required with referral	<p>Detail history of the pain</p> <p>Site- Pain/ pins and needles in the toes-> Morton's neuroma</p> <p>Pain under metatarsals -> Metatarsalgia</p> <p>Type- Pins and needles -> Morton's neuroma</p> <p>Stone like feeling in the sole-> Metatarsalgia</p> <p>Aggravating factors – Tight shoes-> Morton's neuroma</p> <p>Barefoot / heels -> Metatarsalgia</p> <p>Associated medical conditions (Diabetes)</p> <p>Any treatment used</p>
Investigation required for the diagnosis	<p>Weight bearing foot x rays.</p> <p>Ultrasonography for Morton's neuroma is inaccurate (many false positives)</p>
Pre-Referral management strategies (information required with referral)	<ol style="list-style-type: none"> 1. Appropriate footwear 2. Orthotics 3. Analgesics and Anti-inflammatory medicines
Referral Criteria	Continuous pain despite the non-operative management.
Fact sheets	http://www.footeducation.com/metatarsalgia