



Forefoot Pain



The forefoot (or ball of the foot) is made up of small bones, muscles, ligaments, tendons and many other forms of soft tissues. This makes pain in this area complex to diagnose. An expert knowledge of the anatomy of the forefoot allows an in-depth examination and the injured structure can be easily identified. Often the diagnosis can be as diverse a painful corn or callus to an entrapped nerve.

Management is directed towards targeting the cause and condition, and measures put in place to offload the affected area. These may include a change of footwear or modifications and possibly shoes orthoses. Massage and other forms of remedial therapy can always help.

Call 9388 9999