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Metatarsal Pads

A metatarsal pad is a small soft insert placed into the shoe that helps remove pressure from a painful area in the front of the foot that may be present from multiple underlying causes. The pads are fairly inexpensive and can be adjusted or removed if they are not helping.

Correct placement of the pad is key:

- The most common reason the pad fails is incorrect placement.
- If the pad is too far back (toward the heel) it will not unload the painful area.
- If the pad is too far forward (toward the toes) it will worsen symptoms!

How to place your metatarsal pad:

- Take the insert out of the shoes that you will be wearing and place it on the ground.
- Using a small looped piece of tape or double sided tape, adhere the pad to the undersurface of your bare foot, and stand on the foot to ensure it is placed appropriately. If location adjustment needs to be made, make these as necessary.
- Place additional looped tape or double sided tape on the undersurface of the metatarsal pad. Carefully stand with the foot centrally placed on the shoe insert. Peel the insert off the foot carefully, leaving it attached to the shoe insert. Remove the tape from the upper surface of the pad.
- Place the shoe insert back into the shoe, and wear the shoe for an hour or two of intermittent walking activities.
- Critically consider the location of the insert. If adjustment is needed, make these as necessary.
- Once you are happy with the location of the metatarsal pad, using a pen, outline the pad, remove the pad, its tape and the backing exposing the adhesive. Reapply the metatarsal pad with the exposed adhesive to its appropriate location.



Two different
Metatarsal Pads

Contact us:

If you have questions regarding placement of your metatarsal pad, or if you have continued symptoms despite use of a metatarsal pad.



Applying a Metatarsal Pad

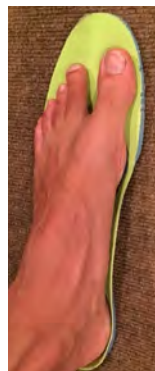
Painful area-
The pad will not go directly
under the painful area, but
toward the heel as indicated by
the oval.



1. Apply double sided
tape or rolled tape to
undersurface of pad



2. Place pad in
position on shoe
insert.



3. Stand on insert, adjust
location of pad until maximal
relief (see page 1 for more
details). Put the insert back
in your shoes and walk on it
for awhile to make sure it is
in a good location.



4. Outline pad's
final position



5. Peel of adhesive backing
and apply to shoe insert.



6. Final position of pad
and outline comparing
sizes.