

What is it?

The irritation and inflammation of tendons surrounding the sesamoid bones.

What causes it?

Excessive use or stress of the ball of the foot. Sudden increased activity. High arches of feet. Lack of natural padding at ball of feet.

Symptoms

Chronic condition. Pain in ball of foot increasing over time and during activity.

Top Tips

Rest and ice as soon as possible. Identify the cause and don't just treat the symptoms.

How to Treat it

Rest. Ice. Anti-inflammatories. Painkillers.



Rehab

Rest or change in activity. Additional padding and/or orthotics in shoes to absorb impact and correct gait. Improve strength of muscles in lower legs. Proper warm ups and cool downs.

Definitions

Sesamoid bones – small bone or bony nodule embedded within a tendon or muscle. Often form due to excessive stress or strain. Can be present as normal anatomical feature.

Arch of foot – curve located on inside of feet. May be exaggerated or fallen/absent, depending on individual.

Chronic condition – a condition that occurs over time, rather than all of a sudden

Orthotics – external supports used to modify the structure and functional characteristics of the foot

Associated Conditions

- Morton's Neuroma
- Claw Foot (Pes Cavus)
- Plantar Fasciitis
- Heel Spur
- Extensor and Flexor Tendinitis
- Retrocalcaneal Bursitis

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com

