



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

2017

Let's Talk METATARSAL SURGERY

What is Metatarsalgia?

This condition is named after the bones in your foot that are affected—the metatarsals. These are the five long bones that connect your toe bones to the tarsal bones in your ankle joint. They play an important role in providing stability and balance as you stand and move. **Metatarsalgia** results when this area of the foot becomes painful and inflamed.

Metatarsals



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Palm Desert, CA 92260

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What Are The Symptoms?

You may not be aware that your foot pain is stemming from one of those small five bones. When diagnosing metatarsalgia, you may be asked if you are experiencing one or more of these common symptoms:

- Sharp pain in your toes
- Pain when you flex your feet
- Sharp, burning pain in the ball of your foot
- Pain that worsens with activity or standing for long periods of time
- A sensation that you are constantly walking on a pebble
- Numbness in your toes



What Are The Causes?

There are several factors that can cause pain and inflammation of the metatarsals. One or more of following factors can lead to metatarsalgia:

01



Being a runner or involved in high impact sports that put significant force on your feet

Having a high arch or longer second toe that affects how weight is distributed on the foot

02



MEET YOUR DOCTOR

DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

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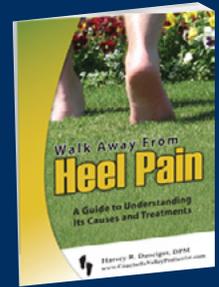
Having hammertoes that curl downward and put stress on the metatarsals

Having bunions that weaken your big toe and put extra stress on the ball of your foot



Being overweight which adds pressure on your feet

Wearing high heels, narrow-toed shoes or athletic shoes with poor support



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“YOU HAVE COMPLETELY CHANGED MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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Surgery

Metatarsal surgery is commonly done on an outpatient basis. Depending on the reason for the procedure, recovery after metatarsal surgery can take anywhere from 3-6 months. You may have some limitations on bearing weight on your foot, footwear and activities you can be involved in as well.

SERVICE AREAS

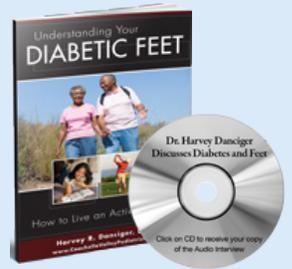
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Reasons for Surgery

- The most common reason for surgery on the first metatarsal is to correct a bunion deformity.
- A tailor's bunion, found on the little toe, is another common reason for surgery. In this case, surgery is performed on the fifth metatarsal, which is found behind your little toe.

It is not as common for surgery to be performed on the other metatarsal bones. When the second, third and fourth metatarsal bones are not aligned correctly, excessive weight can be put on the ball of the foot. This may cause painful calluses to develop. If this occurs in a patient who also has diabetes, the area of pressure can not only lead to calluses but also open sores and ulcers that do not heal. When conservative methods do not help a patient in these situations, surgery is often necessary. Having rheumatoid arthritis is another situation where metatarsal surgery may be necessary to alleviate pain and restore foot health.

If you are experiencing any of the symptoms mentioned above or are living with painful bunions, hammertoes, calluses or non-healing ulcers, contact our podiatric office today at **(760) 568-0108 to make an appointment.**



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