Practical Padding Help Sheet 4 (Painful & stiff toe first joint)

Please ensure that you are familiar with the short booklet 1- **The principles of Padding for Patients** which supports the sheets 2-12.

Condition: Great toe pain, hallux limitus or rigidus, Synovitis, strain or callus

Name of pad: Metatarsal shaft pad, Dudley-Morton pad

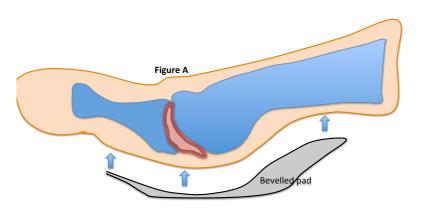
Fan strapping is used with or without the pad. The strapping will

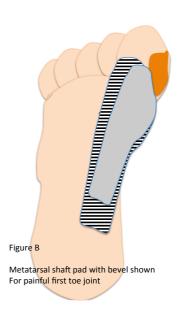
convey more restrictions of movement.

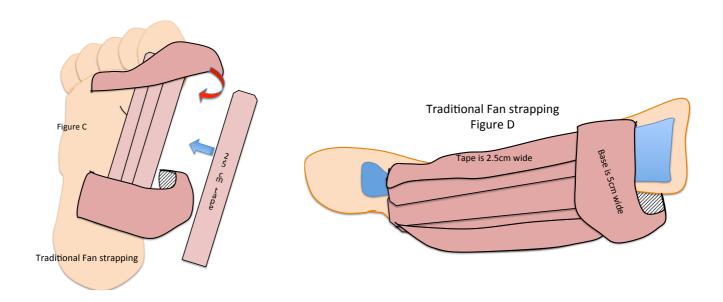
Objective of treatment: To prevent movement of great toe limiting pain and helping healing **Limitations of treatment:** Cannot be used on acute gout, where there is severe swelling. DO NOT

use in cases of poor circulation

Material: Felt 4 or 7mm hypoallergenic backing adhesive







Consultingfootpain.co.uk
Practical Help Sheets
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