

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
Objective of treatment:	Fan strapping is used with or without the pad. The strapping will convey more restrictions of movement.
Limitations of treatment:	To prevent movement of great toe limiting pain and helping healing 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

