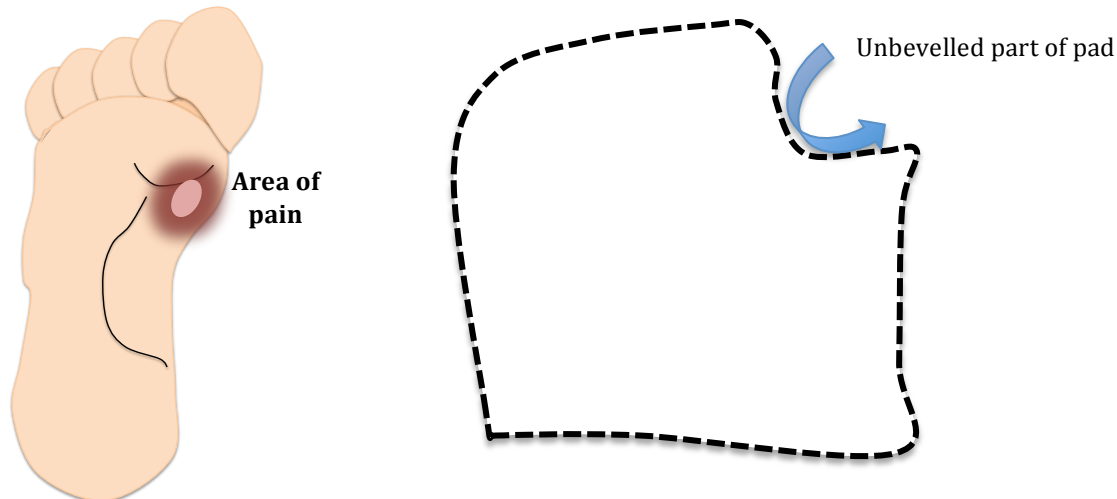


## Practical Padding Help-sheet (2) for Sesamoid pain

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

<b>Condition:</b>	Sesamoid pain (under the ball of the first toe)
<b>Name of pad:</b>	Sesamoid pad. Basic shape see dotted outline. Additional pad, crescent may be used to increase the pad protection
<b>Objective of treatment:</b>	Remove pressure and strain, reduced inflammation
<b>Limitations of treatment:</b>	Good prognosis unless joint arthropathy is also present
<b>Material:</b>	Felt (white) mixed animal, synthetic, hypoallergenic adhesive back



Make sure you put the pad behind the area highlighted not on top. The cut out shape is not bevelled all the way around. Make sure you leave the corner marked unbevelled.

In figure A the bevel is denoted by the diagonal shading . This is important for a snug fit. You can use the pad a shaped or apply a second crescent pad to thicken the protection. The pad is often 4 or 5mm but can be 7mm. 4mm need to be thickened by the crescent pad, especially if the foot is very painful. Footwear fit may be an additional factor in deciding. Any area not shaded should not be bevelled.

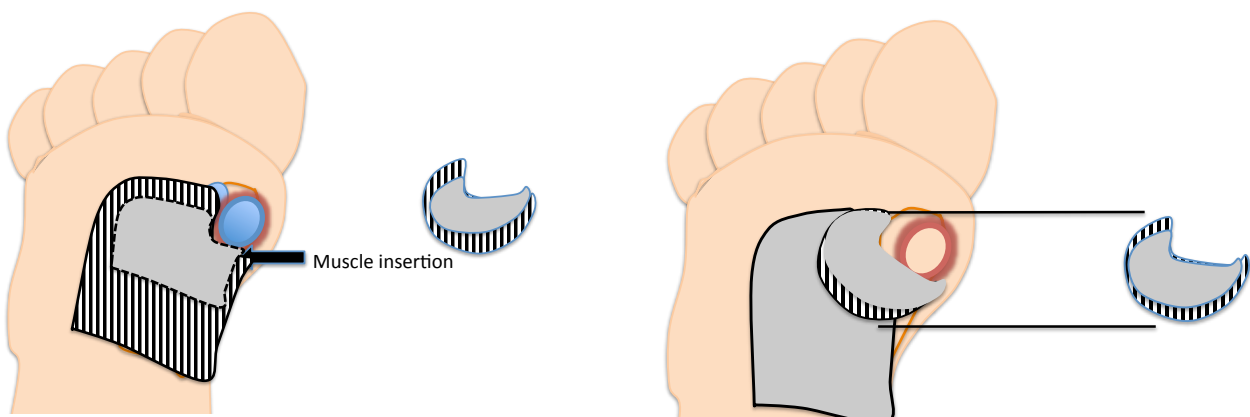


Figure A

Figure B