

PAIN FROM SPUR OVER MIDFOOT (a guide to making a pad)



- Condition:** Pain over the midfoot bones. The bone presses against the shoe causing pain from some designs. The fat and other soft tissues may form a cyst or bursa and in some cases a ganglion. This will cause more swelling.
- Name of pad:** Rounded edged square felt pad
- Objective of treatment:** Remove pressure and deeper shearing forces over midfoot.
- Limitations of treatment:** Marked arthropathy (joint pain) and organised swellings may not be helped. Seek podiatric advice.
- Material:** 4mm felt is used with a hole or cavity and hypoallergenic adhesive backing (orange). A good alternative is to stick this under the tongue of the shoe subject to the appropriate design.

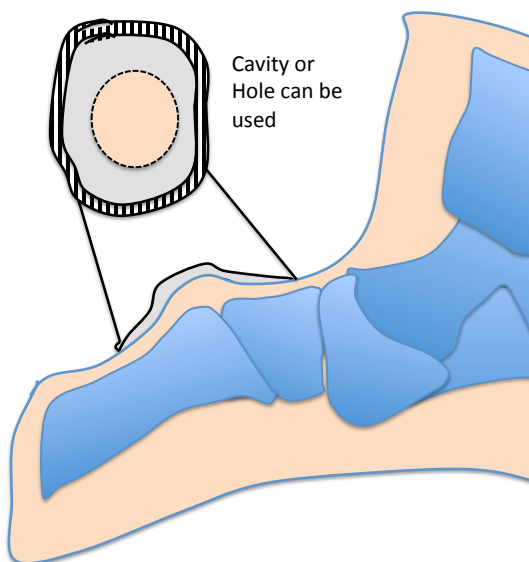
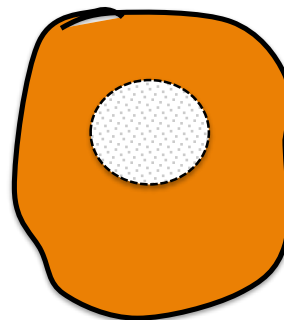


Figure 1. The pad is often best cavitated so material is left to protect the skin

Figure 2. Cavity in material. Orange represents backing paper



Make the cavity while backing paper is adhered



Make sure that no foot creams are used on the skin that might affect the adhesive compliance. Remove daily and reapply after bathing. Keep a spare pad in case you need to re-apply it during the day.