

CAPSULITIS

Capsulitis refers to inflammation of a joint capsule and can occur in any joint of the body.

In the feet, Capsulitis occurs most commonly under the ball of the foot.

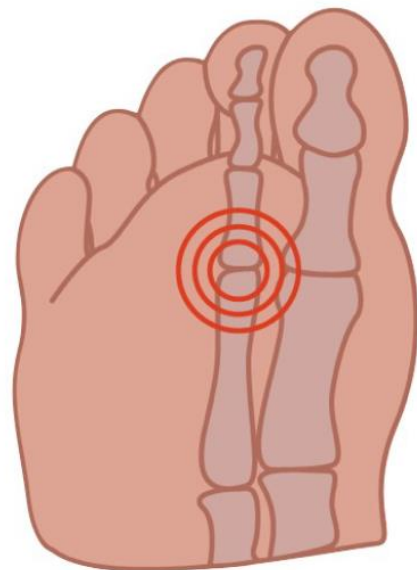
What are the symptoms?

Conditions in this area of the foot are all very similar in their symptoms, so may be hard to diagnose without imaging. Signs or symptoms may include:

- Swelling or signs of inflammation under the ball of your foot. These include redness, pain, excess warmth or swelling.
- Pain underneath the ball of the foot, usually the 2nd and 3rd Metatarsal Joints
- Sensation of a lump or stone under the foot.
- Commonly has a background ache throughout the day
- Pain that increases with activity or gets worse

What are the causes?

- Highly mobile foot types that put increased load through the ball of the foot
- Muscular imbalances such as tight calf muscles or weak foot muscles
- Restricted big toe range of motion which may cause overloading
- Overloading from structural deformities such as bunions.
- Poor footwear choices.



How is it treated?

- **Resting the injured area:**
 - You may be advised to use a Post-Op shoe or in severe cases a moon boot to rest the area. We may also include soft felt padding to further offload the injured area.
 - You may be advised to rest from activity as much as you possible can for a short period to allow the injured tissues to heal.
- **Oral medications:**
 - Non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may help relieve the pain and inflammation.
- **Taping/splinting:**
 - It may be necessary to tape the toe so that it will stay in the correct position. This can help relieve the pain and prevent further drifting of the toe.
- **Stretching or Exercises:**
 - Exercises may be prescribed for patients who have tight or weak muscles
- **Shoe modifications:**
 - Supportive shoes with stiff soles are recommended because they control the motion and lessen the amount of pressure on the ball of the foot.