

## **Golfers: Don't Be Handicapped With Foot Pain ! (Part 2)**

Our last message to golfers provided some information about a condition called hallux limitus. Hallux limitus (or hallux rigidus) is a condition in which severe jamming and deterioration of the big toe joint occurs. Getting evaluated early with X-rays and a thorough exam is highly recommended.

As millions of avid golfers fill continue their days with pars and bogeys, they should be aware of another potentially serious foot problems that can result from years of playing the game.

The condition, commonly called Morton's neuroma, is a severe inflammation and enlargement of a nerve under the ball of the foot. As in hallux limitus, the weight transfer to the front foot that occurs in the follow through applies pressure that, over time, can cause a pinched nerve that can precipitate burning, tingling and sharp pain under the ball of the foot.

One thing that Golfers should do is avoid wearing shoes that have a spike located directly beneath the ball of the foot. The pressure from that single spike, magnified by the several thousand steps taken during an average round, can cause intense pain and swelling in the ball of the foot. Any pair of golf shoes can be made more foot friendly without sacrificing traction by removing the poorly located spikes and by adding a good cushioned insert or orthotic. Neuromas can become severely painful if left untreated. Once again, early evaluation is critical in order to prevent long-term problems and even surgery.