Patient Instructions: MTP synovitis/metatarsalgia/Morton’s neuroma/diffuse fasciitis

- Running shoes (see list of recommended), firm countered Oxford with five hole lace-up, SAS.

- Inside shoes:
  - OTC arch support: power step Pennacle, super feet- 5 to 6 weeks.
  - Molded foot orthosis-arch support made for your foot.

- Buddy tape number 2 toe to number 3 toe with a wisp of cotton between the taped toes. This may also be number 3 to number 4 or number 4 to number 5. Try this for several weeks. If it does not help, cease taping.

- For midfoot arthritis, buy 50 (Chinese checker sized) marbles. Put the marbles on the floor. Get a bowl. Pick the marbles out one a time with your toes and place them in the bowl! Start with two times a day. In 2 weeks you should be picking up 5 times a day. That is every day! You will see a difference in 5 weeks. However, you need to do it for 16 weeks! This is the most important thing you will do! Unless you were pro active you will not get better.