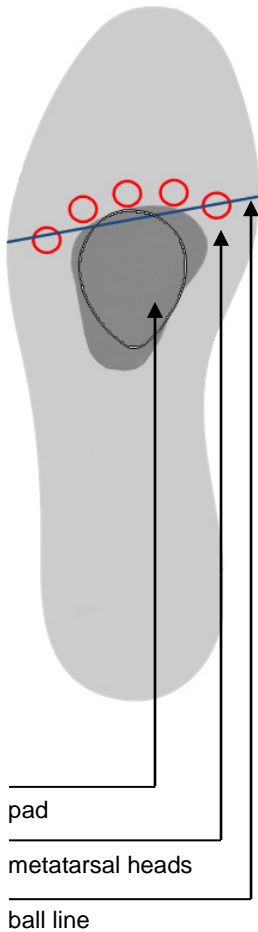
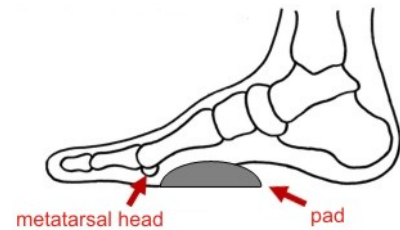


Metatarsal pads – this is how you find the right position



The ball is located in the front third of the foot. Along the imaginary line (ball line or metatarsophalangeal line) that connects the internal and an external ball, there are the metatarsal heads. The metatarsal pad is to be positioned so that its front part overlaps the ball line by about 5 mm.



Which pad is the right one?

Wearing a metatarsal pad should primarily feel good. So try out the different pads and walk around – your (foot) feeling will eventually decide.

However, each of our three pads has its specialities:



T-Form

For foot types that need a planar foot support, i. e. for medium height or low longitudinal arches.

The pad supports the metatarsal arch on a large area.

Your forefoot fat pad is normal

Tip: ideal for foot types with inclined ball line.

Drop and Galant

For foot types with a longitudinal arch that needs high support pads.

DROP supports the metatarsal heads with its symmetrical and slim shape.

Your forefoot lacks adequate fat padding

Tip: ideal especially for slim forefeet and for feet with a straight ball line.

Feel Good

For all foot types, as the edges of this gel pad are flat. Depending on how the pad is positioned, it can be individually adapted to every ball line.

FEEL GOOD supports the metatarsal arch and gently cushions the metatarsal heads.

Tip: perfect for shoes with narrow tips and little space.

Tip #1:

To give you an idea about the right position of the metatarsal pad, check the footprint inside your shoes. The metatarsal heads leave slight depressions in shoes and insoles that indicate their exact position. With leather insoles, you will see a slight discolouration of the material where the metatarsal heads have left their prints.

Tip #2:

If you want to find the right position for the pad yourself, do the following. Palpate your forefoot. In the area of the ball you will find the bony metatarsal heads. The pad should be positioned directly below the soft part of the foot immediately behind the metatarsal heads.