

What is Plantar Plate Dysfunction?



Plantar Plate Dysfunction is a common problem caused by the stretch or tear of a ligament within the forefoot called the Plantar Plate.



Symptoms of this dysfunction include pain in the joint, constant dull ache at the toes and partial dislocation of the joint when the Plantar Plate is completely torn. Many factors can cause this issue, but the most common are associated with overuse and excessive pressure on the ligament and/or joint.

HOW DO YOU TREAT IT?

- It is important to treat a Plantar Plate dysfunction as early as possible in order to avoid hammertoe, deviation of the toe, and continued pain and arthritis
- In mild cases, padding within the shoes are made to stabilize the foot
- Strapping toes together will stabilize the movement of the injured Plantar Plate
- Rest and take pressure of the injury as much as possible
- In severe cases, surgery may be required

If you are experiencing any of the symptoms listed above, it's time to contact Dr. Craig Thomajan or Dr. Shine John of Austin Foot and Ankle Specialists for an assessment of the issue and development of a personal treatment program. Fighting through the pain can only make an injury worse, while properly treating a foot or ankle issue can result in a lifetime of healthy and comfortable physical activity.



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To receive your free copy of one of our four helpful and informative foot and ankle health books by Dr. Craig Thomajan and Dr. Shine John, please visit austinfootandankle.com/books.html or call 888-376-2995.



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