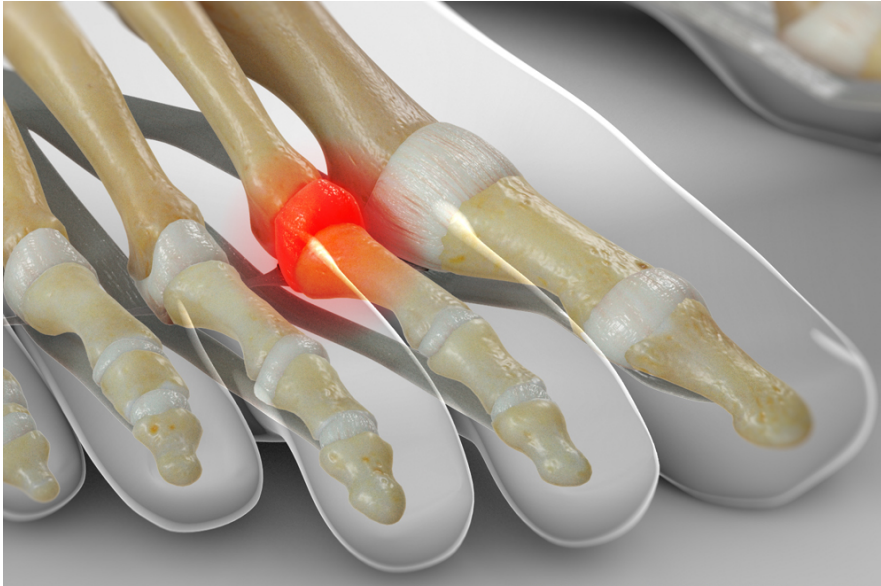




## Capsulitis of the Foot (MTP Synovitis)



### Overview

This problem most commonly affects the base of the second toe. It's an inflammation of a joint capsule. Joint capsules are formed by ligaments. They surround joints, supporting the bones while allowing them to flex. When the capsule at the base of your toe becomes inflamed, the toe can begin to separate from your foot.

### Causes

What causes capsulitis of the foot? It develops because of stress on the ball of the foot. It can be caused by a problem with the structure of your foot, like an unstable arch or second toe that's longer than normal. It can be caused by tight calf muscles. It can develop because of a bunion or other toe deformity. It can be a problem for women who often wear high heeled shoes. And, it can develop in active people who run or do other activities that put a lot of stress on the feet.

### Symptoms

What are the symptoms? You can have pain and swelling in the ball of the foot, most commonly at the base of the second toe. It may hurt more when you're barefoot, but it may also be hard to put on and wear shoes. When you walk, you may feel like you're stepping on a pebble.

### Treatment

How do we treat capsulitis? We may recommend different shoes that take pressure off the joint. You may benefit from things like orthotics, pads, taping and splinting. You may need physical therapy. And if those don't help, you may need surgery to correct the problem. Your doctor will create a plan that's right for you.