

“Long 2nd Toe”
Or
Morton’s Foot Configuration
Did you know?

What is a “Morton’s Foot Configuration”?

This is a bone structure present at birth. In the 1940s, Dr. Dudley J. Morton discovered significant variations in the shape of the foot bones. The long bones in the foot (called metatarsals) are suppose to be longest behind the big toe and shortest at the little toe. In many people, the second metatarsal is longer than the first, creating an unstable foot called Morton’s Foot Configuration. It is very common among people with chronic Myofacial pain.

Visual signs may be: a bunion on the first metatarsal, big toe angled toward the second toe, callus under the second metatarsal, corn on the little metatarsal or toe. The long web between the second and third toes is characteristic of the Morton foot structure.

You may or may not have any of these signs, but if the head of the second metatarsal is more distant from the heel than the first, you have an unstable foot. This imbalance of the foot permits the gait to pronate or supinate. These imbalances can lead to muscular overload, trigger points, nerve compression, sciatica, piriformis syndrome, and other forms of chronic pain. This problem may also cause: weak ankles, knee/hip problems, back, neck/head pain or jaw misalignment. It becomes a perpetuating source once you have pain.

To correct the Morton’s foot; a pad is placed under the head of the first metatarsal. This will enable the big toe to meet the ground sooner. A recommended pad “Posture Control Insoles” is available on the Trigger Point web site; www.tpmyo@ez-net.com. Patients who have been fitted and corrected will improve muscle function through many parts of the body. The foot series stretches is what is recommended as an exercise follow-up.

Call Trigger Point Myotherapy for a complimentary evaluation to determine if you have a long second toe.

920-373-5002

NEW Rehabilitation Services
Trigger Point Myotherapy
Carla J. Hedtke, B.S.,M.S., T.P.T.

EXERCISES FOR YOUR FEET

Repeat each exercise 3 times

Edging



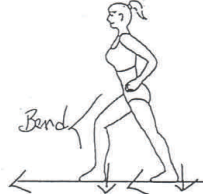
Bend both knees,
Shift knees to the Right so that feet
Roll over onto edges.
Shift to the left.

Heel Lifts



Lift one heel,
pressing toes
to the floor,
return. Do the
Other foot.

Back Heel Press



Stand & step straight back
With one foot, leg straight,
pushing down on the heel.
While bending the front knee.

Step forward. Step back with
The other foot

Instep Stretch



Place top of foot
on floor, bend other
knee doing 4 easy
bounces rolling
further onto top of
foot. Change feet.

Remember to:
Walk Backwards
50/100 steps a day

Sources taken from: Vol. 2 Myofascial Pain & Dysfunction; Dr. Janet G. Travell, M.D. & Dr. David G. Simons, M.D

Trigger Point Therapy for Low Back Pain; Sharon Sauer, CMTPT, LMT & Mary Biancalana, CMTPT, LMT

Pain Erasure - Bonnie Prudden, B.S.,M.S., T.P.T.



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INFORMATIONAL SEMINARS

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**A Practical Approach to Permanent
Weight Management**

Monday, September 13, 2010
6:00 - 8:00 p.m.

Presented by:
Bonnie Grossel, MSN, APNP

**Cortisol - The Stress Hormone
Learn How to Decrease It**

Monday, October 11, 2010
6:00 - 8:00 p.m.

Presented by:
Bonnie Grossel, MSN, APNP

For additional information
and to register call: 920-846-2777

Trigger Point Seminars and Informational Lectures.

www.tpmyootherapy.com

All seminars and informational lectures are held at:

Total Health & Fitness
223 Van Buren Street
Oconto Falls, WI 54154

Morton's Foot Configuration

Monday, Sept. 27, 2010
6:00 - 8:00 p.m.

Presented by Carla Hedtke

Self Care For The Lower Extremities

Monday, October 25, 2010
6:00 - 8:00 p.m.

Presented by Carla Hedtke

"Ease Your Pain"

ASPMN Pain Management
Community Support Event
Pain Awareness Health Fair

Health Fair and Panel Discussion
Learn how to control your own pain from a variety of medical and complimentary medicine practitioners. Relieve stress, take better care of yourself. Held at:

A Woman's Place
(across from St. Mary's Hospital)
Thursday, September 23
Health Fair from 5-6:30pm
Panel Discussion 6:30-7:30pm
Call A Woman's Place at
920-498-4205

With questions or to pre-register
Walk-ins are welcome

Sponsored by : **"Positive Solutions for Pain" Community Resources from ASPMN**

Providing information to people with pain and those who support them.

Carla J Hedtke
NEW Rehabilitation Services
Trigger Point Myotherapy
5765 KZ Lane
Oconto Falls WI 54154

4th Annual
5K Fun Run/Walk
Saturday
September 11, 2010



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Give someone a \$45.00 Gift Certificate for one hour of Trigger Point Myotherapy whether it be for a special event or just because you want to make someone feel special.

Trigger Point Web Resources

www.tpmyootherapy.com
www.myofascialtherapy.org
www.aapm.org

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