Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Use of Metatarsal Pads
Instructions

The purpose of the METATARSAL PAD or HAPAD is to transfer pressure away from the sore area of your foot under the metatarsal heads and place the pressure more in the arch. This area if your foot is not used to taking this pressure and you must accomplish this transition gradually. To obtain the best results the following schedule should be followed.

DAY 1: Wear the shoe with the pad for 4 hours, then switch to a shoe without the pad.
DAY 2: Wear the shoe with the pad for one additional hour (5 hours) then switch to a shoe without the pad.

THE FOLLOWING DAYS:

Continue to increase the length of time that you wear the pad by one hour each day until you are wearing the pad all day.

We always begin with a small pad. Often it is necessary to increase the pad to get complete relief of the symptoms. If this is necessary, we will do this on the follow-up visit once we have your foot accustomed to the pad.

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