

Dancer's Pad



Roll over image to zoom in



Premium Dancers Pads for Ball of feet Pain - Sesamoiditis Pads - 1/4" Thick Adhesive Skived Felt - 12 Pieces - Left Foot

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Amazon's Choice in Ball-of-Foot Cushions by MARS WELLNESS

-10% \$21⁵⁹ (\$1.80 / Count)

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Style: Left

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\$23.99 (\$2.00 / Count)

Brand MARS WELLNESS

Color White

Use for Feet



Click here <https://a.co/d/21oEJR7> to purchase the above product.

Use for: Sesamoiditis (pain under big toe)

How to apply: Peel off half of the sticky pad and place into shoe so that the pad is surrounding the painful region along the bottom of your big toe, as shown above. You can see the pad is around that area and NOT directly on the area that is painful. This helps keep the pressure off of the painful area. Trial the pad by walking around for a few minutes. If you think it is in the correct place use a permanent marker and outline the pad on the sole of your shoe. Unpeel the rest of the sticky area and place it back in your shoe. Do the same for all shoes you most commonly wear.