



Morton's Neuroma

Morton's neuroma is a painful foot condition that affects one of the nerves between the toes. It's also known as Morton's Metatarsalgia or Interdigital Neuroma.

In Morton's neuroma, a nerve in the foot becomes irritated and thickened, which can cause severe pain. The condition can occur in one foot or both feet.



Podiatry & Foot Healthcare

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What causes Morton's Neuroma?

Morton's Neuroma is a non-cancerous growth of nerve tissue caused by compression of the nerve that runs between the long bones (metatarsals) in the foot.

Usually, the neuroma is often located between the third and fourth toes. Majority of those affected by Morton's Neuroma are females who wear high-heeled or narrow shoes that pinch the toes together and put excessive pressure on the forefoot.

Symptoms include:

- pain
- burning
- numbness
- tingling between two toes of the foot

Treatment and Prevention of Morton's Neuroma

The first step in treating Morton's Neuroma is to select proper footwear.

Footwear with a high and wide toe box (toe area) is ideal for treating and relieving the pain. The next step in treatment is to use an orthotic designed with a metatarsal pad. This pad is located underneath and behind the ball-of-the-foot to unload pressure, slightly spread the metatarsal bones and relieve the pain caused by the neuroma.

We Fix Feet can provide orthotic insoles that include metatarsal pads for the purpose of offloading pressure from the neuroma.

Rapid relief of symptoms can follow a local cortisone injection. However, symptoms can progressively worsen with time.

The neuroma can be removed surgically by a Podiatric Surgeon.



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The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician. Please contact your nearest *We Fix Feet* clinic to book your consultation.