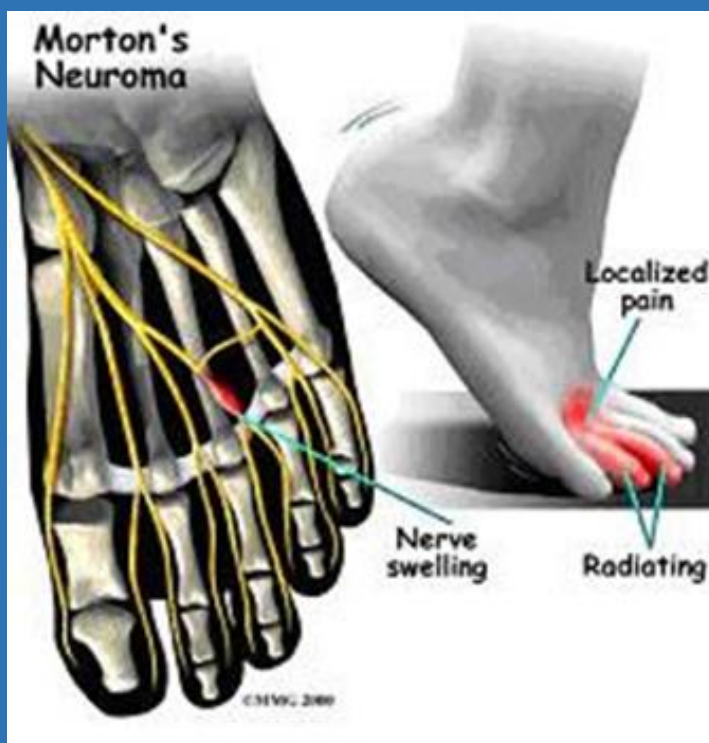


Morton's Neuroma

A Morton's neuroma is a type of nerve entrapment or irritation. The 5 long bones that form the ball of the foot (metatarsals) have a nerve that runs between each of them. If the nerve is irritated a thickening or swelling can occur. This leads to nerve becoming compressed, causing symptoms such as pain, swelling and burning in the ball of the foot. Sometimes the nearby intermetatarsal bursa becomes swollen and inflamed causing similar symptoms.

The condition can affect adults of any age, however women are affected more than men. Middle aged women who wear high heeled or firm fitting shoes are the most commonly affected. However nerve irritation may also be due to other mechanical factors. Whilst a Morton's neuroma may develop between any of the metatarsals it is more common in the third interspace of the foot between the 3rd and 4th toes. In rare instances it is possible to have multiple Neuromas in the one foot.



Morton's neuroma treatment includes:

Footwear changes

Padding and strapping

Orthotics with neuroma pads/domes

Stretching exercises and manipulations

Cortisone injection

Surgical: excision of the thickened nerve