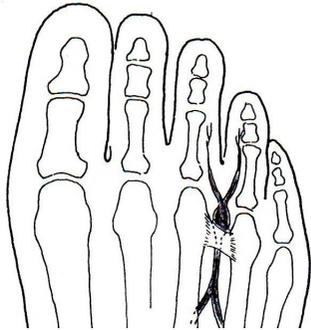


What is Morton's Neuroma?

Morton's Neuroma is a thickening of one, or sometimes more, of the nerves from the toes. It is a benign swelling which means it is **not** malignant or cancerous. Symptoms will typically affect the 2nd, 3rd, and/or 4th toes.



Symptoms of Morton's Neuroma

- ◇ Sharp pain while walking, exacerbated by increased activity or particular footwear.
- ◇ Tingling, burning, loss or altered sensation.
- ◇ Sensation of walking on a pebble or feeling of something in the shoe.
- ◇ The symptoms develop gradually and are often relieved by removing shoes and massaging the forefoot and toes.

Causes of Morton's Neuroma

- ◇ Repeated irritation of the nerve over months or years, particularly if the forefoot is confined in tight shoes.
- ◇ Shoes that have a toe-box that is not spacious enough for the foot are far more likely to cause the problem than shoes that are correctly fitted.
- ◇ Feet that are particularly wide, or have developed an enlarged big toe joint, or clawed lesser toes may be more likely to develop the problem.

Treating Morton's Neuroma

Choice of Footwear

Your choice of footwear is likely to be the most important factor in developing the problem in the first place, and in treating the problem.

You should **stop** wearing any shoes that consistently bring on your symptoms.



Pointed or tapered footwear will restrict the foot's natural movement.



Footwear needs to be long, wide and deep enough for your feet.

Professional Treatment

Your GP can refer you for further assessment if your symptoms persist, are painful, and prevent you from doing your regular activities.

You would typically have a physical examination, and possibly an ultrasound scan of your foot to check for the presence of a neuroma.

You would then be able to discuss the types of treatment that can be helpful. You may be offered a steroid injection, or occasionally you may be offered a referral for an orthopaedic opinion with a view to surgery.