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यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

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Forefoot Pain

Morton's Neuroma

Helping people to be
the best they can be

Morton's Neuroma

What is a Morton's neuroma?

A neuroma is a thickening of nerve tissue that can occur anywhere in the body. A Morton's neuroma affects the nerve between the 3rd and 4th metatarsals.

Who is affected?

About three people out of four who have Morton's neuroma are women. It commonly affects people between the ages of 40 and 50 but can occur at any age.

What are the symptoms?

Pain, burning, tingling, numbness, cramping or a feeling of "something inside the foot/shoe" or "like a sock rolled up". Pain is generally made worse by wearing shoes and walking.

What are the causes?

The exact cause is not known. It is however thought to develop as a result of longstanding stress and irritation of the nerve. Shoes with a narrow toe box or high heels can cause this. Certain foot deformities e.g. bunions, hammer toes, flat feet etc and doing increased sports are also said to increase the risk of developing a neuroma.

What are the treatment options?

Footwear

- Avoid wearing high heeled/narrow fitting shoes
- Shoes should have an adjustable fastening e.g. laces/straps to hold your foot firmly in place
- The toe box should be round and deep to give the toes room

Insoles

- Insoles modified to correct any high pressure areas of the foot as well as offloading the area causing pain can be made, these should be accommodated within appropriate footwear; such as trainers

Stretches

- Tight calf muscles may alter your walking pattern which may increase stress over the forefoot, therefore advice on exercises to lengthen the calf muscles may help

Weight loss

- This will reduce the overall pressure exerted through the foot

If the above treatments are unsuccessful, a steroid injection under ultrasound imaging guidance may be necessary to alleviate symptoms. If this fails, a referral to either an Orthopaedic or Podiatric Surgeon can be made in order to be further assessed for surgical removal of the neuroma.

Contact Details:

Podiatry Office – (01244)

385000

Open Monday to Friday 09.00

– 12.30 and 13.30 – 16.00