

## Morton's Neuroma

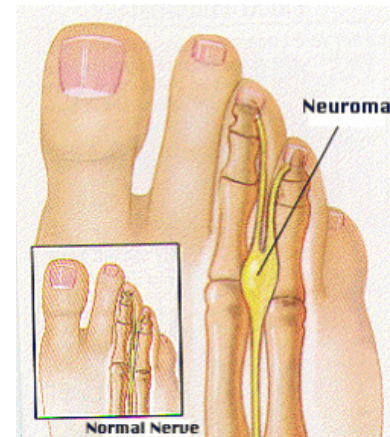
Morton's Neuroma is a condition where you have an enlarged nerve occurring between the third and fourth toes. This junction where two nerves meet each other could be quite a problem for some because of its bigger size than the meeting points of other nerves. The Morton's Neuroma is also caused because the spot lies inside the subcutaneous tissue, quite close to an artery and vein and also above the fat pad of the foot. These nerves can become entangled and bunched creating something resembling a benign tumor. The bunching of nerves is referred to as a neuroma. This syndrome has seen to occur more in ladies than in men.

### Symptoms:

- Tingling, burning or numbness
- Pain
- A feeling that something is inside the ball of the foot, or that there's a rise in the shoe or a sock is bunched up

### What Causes a Neuroma?

Anything that causes compression or irritation of the nerve can lead to the development of a neuroma. One of the most common offenders is wearing shoes that have a tapered toe box, or high-heeled shoes that cause the toes to be forced into the toe box.



People with certain foot deformities (bunions, hammertoes, flatfeet, or more flexible feet) are at higher risk for developing a neuroma. Other potential causes are activities that involve repetitive irritation to the ball of the foot, such as running or racquet sports. An injury or other type of trauma to the area may also lead to a neuroma.

### Treatment

For mild to moderate cases of neuroma, treatment options include:

- **Padding:** Padding techniques provide support for the metatarsal arch, thereby lessening the pressure on the nerve and decreasing the compression when walking.
- **Icing:** Placing an ice pack on the affected area helps reduce swelling.
- **Orthotic devices:** Custom orthotic devices provided by your foot and ankle surgeon provide the support needed to reduce pressure and compression on the nerve.
- **Activity modifications:** Activities that put repetitive pressure on the neuroma should be avoided until the condition improves.
- **Changes in footwear:** It's important to wear shoes with a wide toe box and avoid narrow-toed shoes or shoes with high heels.
- **Medications:** Non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, help reduce the pain and inflammation.
- **Injection therapy:** If there is no significant improvement after initial treatment, injection therapy may be tried.

### Surgery Needed?

Surgery may be considered in patients who have not received adequate relief from other treatments. Generally, there are two surgical approaches to treating a neuroma the affected nerve is either removed or released