

Morton's Neuroma



What is it?

Morton's Neuroma is a foot condition that affects the nerve in-between the bones of the foot – the plantar interdigital nerve, where they become irritated and compressed.

How do I know if I have it?

If you have this condition, the symptoms can be felt as an intense pain usually located in-between the head of long bones of the foot called the metatarsals just behind the base of the toes.

The pain is often described as a burning sensation in the ball of the foot. Some describe the pain as walking uncomfortably on a marble, stone or pebble.

What causes it?

Experts are not exactly sure of how it is caused, but the most likely cause is thought to be the metatarsal bones pressing on the nerve when the gap between the bones narrows. This can cause changes such as thickening in the nerve.

Some experts believe that a number of other foot problems, including flat feet, high foot arches, bunions and hammertoes, may also play a role in the development of a Morton's neuroma.



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What do I do if I think I have it?

If you have continual tingling or persistent pain in your foot, you should contact a podiatrist. Our podiatrists at The Vale Clinic can help you. Alternatively, you could visit your doctor, who may refer you to a podiatrist.

They may also refer you for a scan, such as an ultrasound scan, to get a detailed image of the inside of your foot.

Ask us for more details and we can assess which treatment might work best for you.



Treating Morton's Neuroma

SHOES - Shoes with a wider toe area may be recommended. You can also take painkillers to help ease the pain.

ORTHOSES/INSOLES - A special insole with a metatarsal dome will help spread the toes to stop pressure in between the toes.

STEROID INJECTIONS OR SURGERY - Steroid injections can be given to treat the affected nerve, or in some cases, the last resort is surgery to remove the neuroma.

*For more information, contact us
at Tel. [0118 304 9389](tel:01183049389)
[or book online](#)*

