



Morton's Neuroma

Podiatry Service

What is morton's neuroma?

Morton's neuroma is a condition that affects one of the nerves between the toes.

Morton's neuroma is when fibrous tissue develops around the nerve, which becomes irritated and compressed. This causes severe pain on the ball of the foot and at the base of the toes.

Morton's neuroma can occur on one foot or both feet. It usually affects the nerve between the third and fourth toes, but sometimes any toes can be affected.

You may initially experience a tingling sensation in the space between your toes, which gets worse over time. This may lead to cramp in your toes and a sharp shooting or burning pain on the ball of your foot or at the base of your toes.

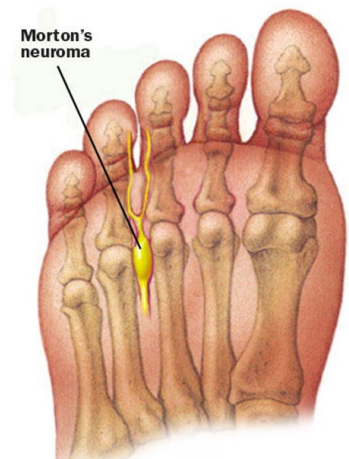
The pain is often worse when walking or wearing shoes that press on the affected area.

Causes of morton's neuroma



The pain of morton's neuroma occurs when the nerve connecting to the toes becomes irritated or compressed.

Treating morton's neuroma

- Shoes with a wider toe box would be recommended.
- You can also take painkillers to help ease the pain.
- Orthotic devices to offload the affected area.
- Steroid injections .
- If these other treatments do not work surgery may be needed, this involves removing the thickened tissue around the nerve or the nerve itself to release the pressure.



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