

Morton's Neuroma



Morton's Neuroma is where a nerve in your foot is irritated or damaged. The symptoms can often be eased with treatments you can try yourself.

What are the Symptoms?

The main symptoms of Morton's neuroma include:

- A shooting, stabbing, or burning pain.
- Feeling like a small stone is stuck under your foot.
- Some people may also have tingling or numbness in their foot.
- The symptoms may be worse when you move your foot or wear tight shoes.
- It often gets worse over time.

Risk Factors

- Wearing tight, pointy or high-heeled shoes.
- Doing a lot of running, or activities that place pressure on the feet.
- Having other foot problems – such as flat feet, high arches, bunions or hammer toes.

General Advice

Please note change may take at least 6-8 weeks before any significant improvement is seen.

- Wear wide, comfortable shoes with a low heel and soft shoe. You can add soft insoles or pads.
- Rest the foot as needed to reduce mechanical overload.
- Exercise and activity modification.
- Weight loss (if indicated).
- Non-steroidal anti-inflammatory medication.

Management

There is no one treatment with very strong evidence that it will work; however, there are several treatment options available including stretching, orthotics, and injections. Treatments should be offered in sequence, depending on the individual's circumstances and likelihood of response.

- **Stretching exercises** are often advised for the calf muscles and the Achilles tendon.

- **Foot exercises** are often advised to help spread the toes.
- **Orthotics** to help manage other biomechanical factors such as – flat feet, high arched foot, foot osteoarthritis.
- **Corticosteroid Injection.** The evidence for steroid injection shows that it may provide some short-term benefit but the evidence for its effectiveness in the long term is lacking. Sometimes ultrasound guidance is used alongside injections.

Prognosis

On and off pain may be long-standing if the nerve continues to be irritated but generally it can settle without the need for injections or surgery.