

# 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.