

What is it?

Morton's neuroma is a condition that affects one of the nerves that run between the long bones (metatarsals) in the foot. There are many nerves, muscles and ligaments within the foot. The common plantar digital nerves run between the metatarsal bones in the foot. These have branches that supply sensation to the skin of the toes. It most commonly affects the nerve between the third and fourth metatarsal bones, causing pain and numbness in the third and fourth toes. It can also affect the nerve between the second and third metatarsal bones, causing symptoms in the second and third toes.

Symptoms:

- Pain that can start in the ball of the foot and shoot into the affected toes.
- There may also be burning and tingling of the toes.
- Some people describe the pain that they feel as being like walking on a stone or a marble.

Common Causes?

- Stress and irritation of a plantar digital nerve due to the nerve being squashed (compressed), rubbed or stretched
- The formation of a fluid-filled sac that can form around a joint (a bursa)
- Inflammation in the joints in the foot next to one of the digital nerves can sometimes cause irritation of the nerve, which can lead to the symptoms of Morton's Neuroma.
- Incorrect footwear
- Abnormal foot biomechanics

Treatment

- Choosing correct footwear
- Orthotics with a metatarsal pad and cushioning under the ball of the foot to off load the neuroma
- Steroid or local anesthetic injections, with continuation of footwear modification measures
- An operation is sometimes needed if these non-surgical measures do not work

For further information on your foot health or to discuss treatment options with a podiatrist, please contact your local ModPod Podiatry clinic.