

## Morton's Neuroma

### Information for patients

### What is Morton's Neuroma?

Morton's Neuroma is the swelling of nerve tissue in the ball of the foot, which can cause severe pain. It commonly occurs between the third and fourth toes.



Pain is commonly described as a sharp or dull pain in the ball of the foot (forefoot) when walking.

It can also feel like a burning or tingling sensation which can radiate into the toes and can sometimes feel like you are walking on a stone.

Pain occurs due to the enlarged nerve being compressed between the metatarsal bones in the foot.

The podiatrist will carry out a number of tests such as checking the range of motion in your joints, looking at your foot type and also at you walking. A thorough history of the condition will also help confirm diagnosis and help to rule out other possible causes of the pain.

### What can cause it?

- Flat feet which have a tendency to roll inwards can cause irritation and compression of the nerve between the bones of the forefoot.
- Other conditions such as bunions and hammer toes may also cause the bones in the feet to rub against a nerve.
- Poor footwear – shoes which are too narrow will compress the nerves in the forefoot. Shoes with a higher heel will place additional weight on the forefoot, further compressing the nerve.

### How is it treated?

#### Footwear

The main treatment for Morton's Neuroma is changing your footwear to something which has plenty of room at the forefoot and around your toes. This gives your foot room to spread and relieves pressure on the nerve.

Preferably, wear a shoe that is a lace-up. You may find that a trainer style shoe is most comfortable.

Avoid court shoes and especially avoid high heels.

### **Orthotics/ Insoles**

If you have a pronating foot type (one that collapses inwards when you walk) you may be issued with an orthotic device. These should be transferred between all your shoes.

### **Can it be cured?**

The pain can often be relieved in a short period of time by changing footwear and wearing orthotics.

Some people may need to have a course of injections to help settle the inflammation around the nerve.

Surgery is a last resort treatment to remove the affected nerve, and is usually only needed in extreme cases.

### **Podiatry Services**

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