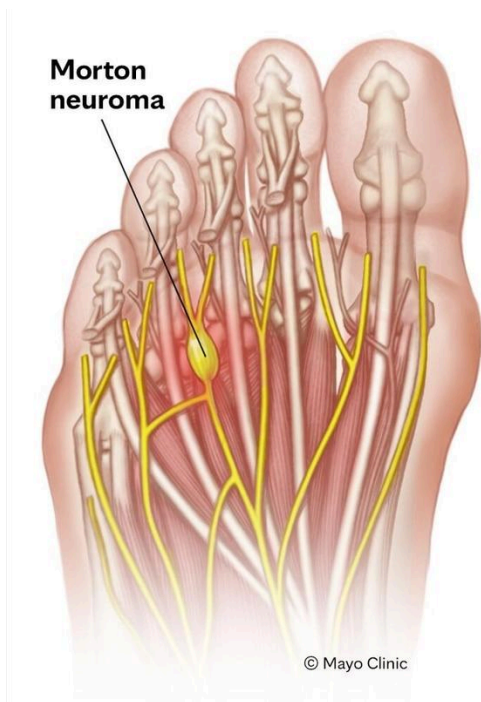


Morton's Neuroma - Symptoms and causes

Morton neuroma is a damaged, enlarged nerve that causes pain on the bottom of the forefoot, usually in the area behind the third and fourth toes. The pain is usually sharp or burning. There may be pain, tingling or numbness spreading into these toes.

The exact cause of Morton neuroma is not known, but it's likely related to pressure on the nerve. High-heeled or narrow shoes may worsen Morton neuroma symptoms.

Many people get relief by wearing shoes with low heels and wide toe boxes and by using foot orthotics. Treatments also may include corticosteroid injections or surgery. Morton neuroma also is called interdigital neuroma.



Morton neuroma is a damaged and enlarged nerve leading to your toes. This can cause a sharp, burning pain in the ball of your foot. You may have stinging, burning or numbness in the affected toes.

Symptoms

Morton neuroma causes pain in the ball of your foot. The ball is the padded area of the bottom of the foot between the toes and arch. Usually, the pain is in the area behind and between the third and fourth toes. The pain is often described as:

- Stabbing, shooting or burning pain in the ball of the foot.
- Feeling as if walking on a marble or stone.
- Pain that increases with activity.
- Pain, a pins and needles feeling, tingling, or numbness in the two nearby toes.
- Pain when stretching toes.
- A clicking sensation in the forefoot.

Causes

The exact cause of Morton neuroma is not known. Pressure on the affected nerve may contribute to damage and enlargement of the nerve. The affected nerve is in a space between long bones in the forefoot called the metatarsal bones. Usually, the damaged and enlarged nerve is between the metatarsal bones that connect to the bones of the third and fourth toes. Nerves between other metatarsal bones also may be affected.

Factors that appear to worsen symptoms of Morton neuroma include:

High-heeled or narrow shoes. High-heeled shoes or shoes with narrow toe boxes can put extra pressure on the toes and the ball of the foot.

Activities. Walking, running or other activities that put pressure on the ball of the foot may worsen or trigger pain.

Treatments

Custom Molded Foot Orthotics

Custom foot orthotics with transverse arch support can relieve Morton's neuroma by lifting and spreading the metatarsal bones to stop them from pinching the inflamed nerve. How They Work...

Metatarsal lift: A built-in dome or pad sits just behind the ball of the foot that helps to support the Transverse arch each time you step down on it. This dome will physically separate all 5 of the metatarsal heads, which can reduce or eliminate these heads from pressing against each other while ambulating and thus reduces nerve pressure that can cause the pain and discomfort.

Arch contouring: Rigid or semi-rigid custom molded foot orthotics that properly support your longitudinal arch - the big arch to the inside middle of each foot - that will help to maintain good foot posture while your weightbearing and ambulating, and hug your arch tightly to shift body weight away from your forefoot.

Biomechanical correction: Molded support controls abnormal rolling (overpronation) that forces the front of the foot to grind together.

Pain is often relieved with rest or removing shoes.

When to see a doctor

It's best not to ignore any foot pain that lasts longer than a few days. See your healthcare professional if you experience a burning pain in the ball of your foot that's not improving with a change in footwear or activities that put a strain on your feet.