

Morton's Neuroma

A **neuroma** is a **benign tumor** caused by an irritated, pinched nerve which becomes enlarged as it tries to protect itself. In the foot, this is usually situated between the heads of the **third and fourth toes** and is characterized by numbness, burning or a sharp, lancinating type of pain. It may be associated with another condition called **Metatarsalgia** which will affect all of the toes.

This condition develops from a variety of interrelated biomechanical factors which all contribute to excessive **pressure on the nerve**. Faulty foot mechanics such as **overpronation**, **collapsed metatarsal arch** are the main cause of this condition. Lots of kneeling and tight or high-heeled shoes will also contribute to the development of a neuroma

Symptoms begin to appear during the **Interdigital Neuritis** stage (numbness, tingling, or burning into the toes). A feeling of a "phantom" lump in the area is also a common symptom.

Early treatment for the patient consists of a thick soled shoe, a wide toe box, and avoidance of high heels. **Custom Foot Orthoses** with **metatarsal support** will reduce the overpronation and restore the transverse arch. This will help to open up the joint spaces reducing the pressure on the nerve. Addition of a stiffer forefoot & metatarsal rocker to the shoe may be required in some cases.

In advanced cases, Morton's neuroma requires medical or surgical treatment by a medical specialist.

