

Morton's Neuroma

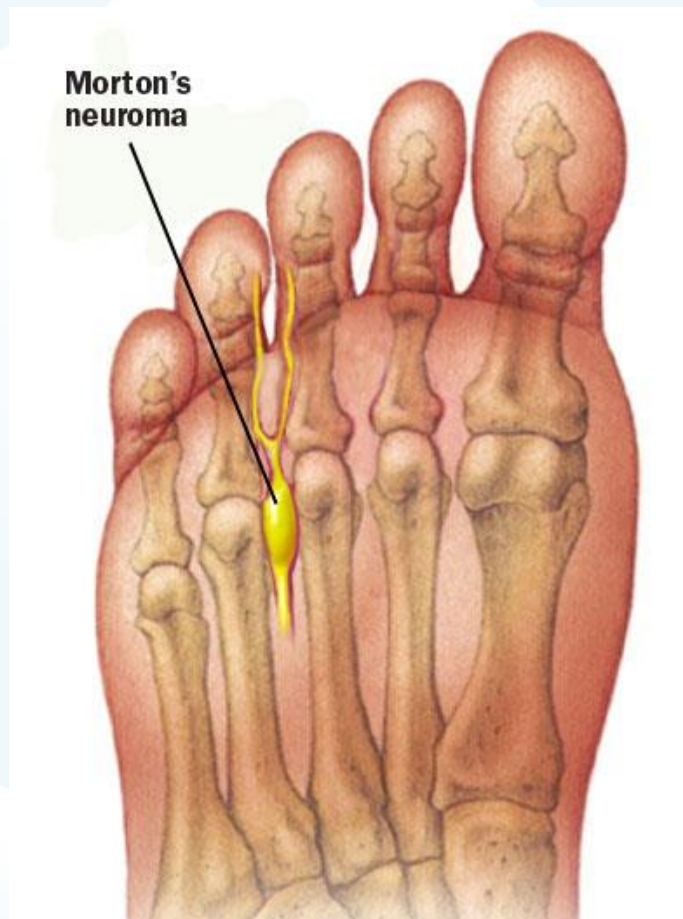
Morton's neuroma is a painful condition affecting the ball of the foot, commonly between the third and the fourth toes. It may feel as if you are standing on a pebble inside of your shoe or as if you have a fold in your sock. This condition involves a thickening of the tissue surrounding one of the nerves that leads to the toes. This might cause a sharp, burning pain within the ball of the foot. The toes might sting, feel numb or burn.

High-heeled shoes have also been linked to the development of Morton's neuroma. Many ladies find relief by switching to a lower heeled shoe or ones that have a wider box. Surgery and injections might be needed to treat the condition.

Morton's Neuroma Anatomy

In each one of the feet, you have five metatarsal bones running from the toe joints to the arch. The first metatarsal is a lot shorter and thicker than the other bones, which are often similar in size. During the push-off phase when walking, running or jumping, the body weight is transferred to the metatarsals and toes. The first and second of the metatarsals take the majority of the force.

Most problems with the metatarsals develop when there is something that changes with the way the foot works normally, thus affecting how the weight is distributed. This places excess pressure on the metatarsals in the foot, which leads to pain and inflammation, especially in the heads of the metatarsals, which are the rounded ends of the bones connecting with the toe bones.



How to Treat Morton's Neuroma:

1. Therapy

Foot pads and arch supports the fit inside of your shoes will help to reduce the amount of pressure placed on the nerves. You can purchase these over-the-counter or you might have to get a prescription for custom-made orthotics that are designed to fit the exact contours of your individual foot.

2. Injections

Some individuals find relief by having an injection of steroids placed into the affected area. This reduces inflammation and swelling of the nerve, resulting in a significant improvement in pain.

3. Decompression Surgery

In certain instances, a surgeon can relieve the pressure on your nerves by cutting a nearby structure, such as the ligament that binds some of the bones in the front part of the foot together.

4. Removal of the Nerve

Removing the growth surgically might be required when other treatment methods fail to provide you with relief. Even though surgery is often successful, the procedure can cause permanent numbness within the affected toes.

Tips:

- An anti-inflammatory medication can help to minimize swelling and alleviate pain in the affected toes.
- Regular ice massages can help to reduce pain.
- Avoid wearing shoes that are too tight or too high of a heel. Choose shoes that have extra depth and a broader toe box.
- For a few weeks, reduce aerobic exercise, jogging or dancing that subject your feet to a lot of impact.
- Those who have hammertoes, bunions, flatfeet or high arches are at an increased risk of developing this condition.