

Morton's Neuroma

Morton's neuroma is a condition characterized by localized swelling of the nerve and soft tissue located between two of the long bones of the foot (most commonly between the third and fourth toes). This can result in pain, pins and needles, or numbness in the forefoot or toes

During certain activities, particularly weight-bearing activities, a compressive force is sometimes placed on the interdigital nerves and surrounding soft tissue, between the metatarsal bones (long bones of the foot). If this force is repetitive enough and beyond what the nerve and soft tissue can withstand, swelling to the nerve and soft tissue may occur.

Signs and symptoms

- Pain in the forefoot and toes.
- Numbness, tingling and burning.
- A "pins and needles feeling" in the ball of the foot.
- Radiating pain toward the end of the toes or back up the foot.
- Pain relief when shoes are removed and the area massaged.
- Occasional pain on the top side of the foot or the sole of the foot



Causes

- Repetitive weight bearing activity
- Flat feet or feet that roll inward (overpronate), causing the nerves to be pulled more than usual.
- The condition is more common in women than in men and poorly fitting or high heeled shoes may play a role in the development of a neuroma

Treatment

- Deep tissue massage
- Orthotics or tape
- Acupuncture and Dry Needling
- Electrotherapy & Local Modalities
- Use of supportive footwear
- NSAIDS
- Strengthening and balance exercises

Differential Diagnosis

- Metatarsal stress fracture
- Tendon sheath ganglion
- Bursitis
- Osteoarthritis in the metatarsophalangeal joints

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