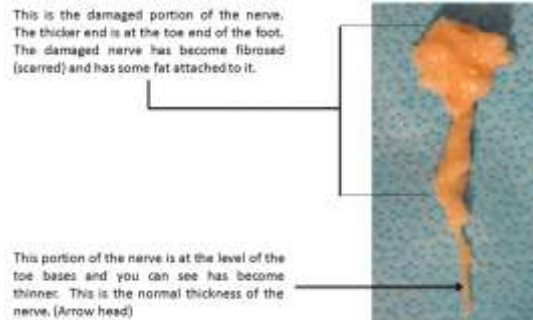




“ABOUT MORTON’S NEUROMAS?”



What is a neuroma?	A Morton's neuroma is the term used to describe a thickening of one of the nerves in the foot which supplies sensation to the toes. The most common area affected is between the third and fourth toes. Neuromas may be caused by excessive repetitive trauma / pressure on the nerve.
What are the symptoms?	Pain, numbness, shooting sensations, cramping are all common features of neuromas. The symptoms are often intermittent at first. They can be worse in tight shoes or walking on hard surfaces.
How is the diagnosis made?	The diagnosis is made from taking a careful history and then examining your foot. Usually if your consultant thinks you have a neuroma then an ultrasound scan is organized.
What treatments are available?	A wide range of treatments are claimed to be of benefit including the fitting of insoles, pads and foot supports. A review of clinical evidence would suggest that the following treatments are of value: <ul style="list-style-type: none">• Insoles, padding, footwear alteration• Steroid injection• Alcohol injections• Surgery (Decompression or Excision)
Will my pain get worse?	In most people the neuroma pain does worsen.
About cortisone injections	This is effective in the short to medium term in about 60% of people. It is more successful when given by someone with experience in the treatment of Morton's neuromas. Success is less likely with large lesions as demonstrated by ultrasound or MRI
What are my options?	<ul style="list-style-type: none">✓ Put up with the discomfort / pain✓ Try broader fitting shoes / pads etc✓ Have the bunion corrected with an operation



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