

Morton's neuroma, also known as intermetatarsal neuroma, is a painful condition that affects the ball of the foot, particularly the area between the third and fourth toes. It is not actually a true neuroma (a benign tumor of a nerve), but rather a thickening of the tissue around one of the nerves that leads to the toes.

Key characteristics and information about Morton's neuroma include:

Pain and Discomfort: The condition typically presents with pain, burning, tingling, or numbness in the ball of the foot. This discomfort can radiate into the toes.

Location: Morton's neuroma most commonly occurs between the third and fourth toes but can also affect the space between other toes.

Trigger Factors: The pain is often triggered or worsened by wearing tight or narrow shoes, which compress the toes and put pressure on the nerve. Activities that put pressure on the ball of the foot, such as walking or standing for extended periods, can exacerbate the pain.

Walking Sensation: Some individuals describe the feeling as walking on a pebble or having a fold in the sock, even when there is nothing in the shoe.

Causes: The exact cause is not always clear, but it is often related to irritation or pressure on the nerves in the foot. This can result from tight shoes, certain foot deformities, or repeated stress on the forefoot.

Diagnosis: Diagnosis is typically made through a physical examination by a healthcare provider who may perform specific tests to reproduce the pain. Imaging studies like ultrasound or MRI may be used to confirm the diagnosis and rule out other conditions.

Treatment: Treatment options for Morton's neuroma may include:

Footwear Modifications: Wearing wider shoes with plenty of room for the toes can relieve pressure. **Orthotic Inserts:** Custom-made or over-the-counter shoe inserts can help redistribute weight and reduce pressure. **Medications:** Non-steroidal anti-inflammatory drugs (NSAIDs) may help with pain and inflammation. **Corticosteroid Injections:** Injecting corticosteroids into the affected area can reduce inflammation and alleviate pain. **Physical Therapy:** Stretching exercises and physical therapy may be recommended to improve foot strength and flexibility. **Surgery:** In cases where conservative treatments are ineffective, surgical removal of the neuroma may be considered. It's important to consult a healthcare professional for an accurate diagnosis and to discuss appropriate treatment options for Morton's neuroma. Early intervention can help manage symptoms and prevent the condition from worsening.

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