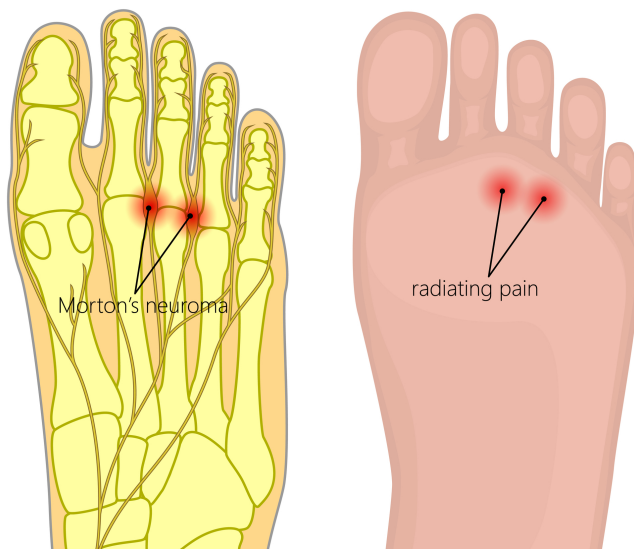


Morton's Neuroma

Morton's neuroma is a painful condition of the forefoot resulting from a **nerve** being compressed by the two long bones (metatarsals) either side of it and then further **inflamed** by becoming **trapped in scar tissue**.

It usually feels like a **lump or a rolled up sock** in the web space usually between your **3rd and 4th toes**.

It can cause **shooting pains and also altered sensation** into these toes. It can feel better with no shoes.



A morton's neuroma is **not in any way cancerous**.

It can be **diagnosed on examination or with an ultrasound or MRI**

Surgery is not always necessary to take the pain away.

Non surgical options include;

- special **insoles with a metatarsal dome** as suggested via referral to an orthotist or podiatrist.
- **injection of steroid** into the area as directed by an ultrasound performed by a radiologist.
- “zapping” it in a technique called “**radiofrequency ablation**”.

If non surgical means have failed then **surgery involves removal of the neuroma.**

What to expect with surgery

This involves an **incision on the top of the foot.**

The operation can be performed as a **day case or overnight stay.**

It is **important to elevate your foot above the level of your heart** for 2 weeks to prevent **long term swelling and pain.**

You will be allowed to **weight bear in a special stiff sole, open toe shoe**

Complications

You can **expect to lose some feeling** in the web space between the toes as the nerve supplying that area has been removed.

infection and wound problems,

risk of recurrence. Ie the pain goes away but can return due to a number of factors such as **new scar tissue formation after surgery.**