



Morton's Neuroma

What is a Neuroma?

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Diagnosis

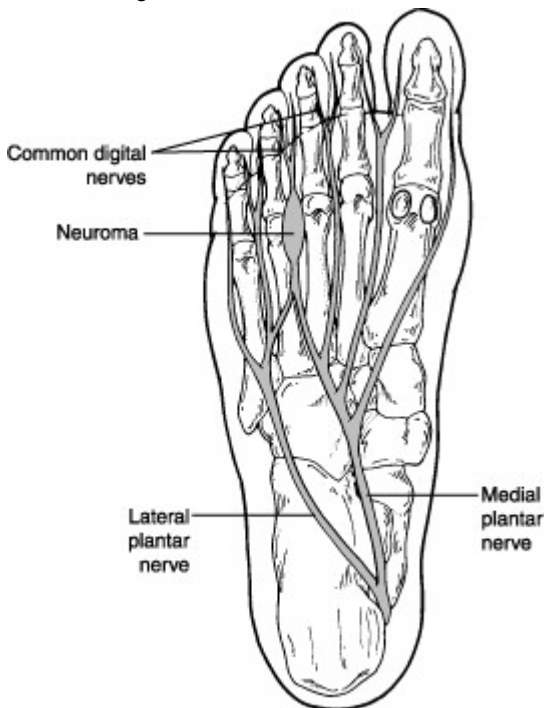
Treatment

When is Surgery Needed?

What is a Neuroma?

A neuroma is a thickening of nerve tissue that may develop in various parts of the body. The most common neuroma in the foot is a Morton's neuroma, which occurs at the base of the third and fourth toes. It is sometimes referred to as an intermetatarsal neuroma. "Intermetatarsal" describes its location - in the ball of the foot between the metatarsal bones (the bones extending from the toes to the midfoot). Neuromas may also occur in other locations in the foot.

The thickening, or enlargement, of the nerve that defines a neuroma is the result of compression and irritation of the nerve. This compression creates swelling of the nerve, eventually leading to permanent nerve damage.



Symptoms of a Morton's Neuroma

If you have a Morton's neuroma, you will probably have one or more of these symptoms where the nerve damage is occurring:

- Tingling, burning, or numbness
- Pain
- A feeling that something is inside the ball of the foot, or that there's a rise in the shoe or a sock is bunched up.

The progression of a Morton's neuroma often follows this pattern:

- The symptoms begin gradually. At first they occur only occasionally, when wearing narrow-toed shoes or performing certain aggravating activities.
- The symptoms may go away temporarily by massaging the foot or by avoiding aggravating shoes or activities.
- Over time the symptoms progressively worsen and may persist for several days

or weeks.

- The symptoms become more intense as the neuroma enlarges and the temporary changes in the nerve become permanent.

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