Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board

Podiatry & Orthotics Department

Morton's Neuroma

Patient Information

What is a Morton's Neuroma?



Morton's neuroma is a degenerative thickening of the common plantar digital nerve that runs under the ball of your foot and into your toes. It is thought to develop as a result of long-term stress & irritation to the nerve.

Symptoms:

The thickened nerve gets pinched in the ball of your foot when you walk and run producing:

- Shooting, stabbing or burning pain in the ball of your foot.
- Feeling like a small pebble is stuck under your foot.
- Tingling or numbness in your toes.
- Worse when on your feet and in certain shoes.
- Sometimes can appear swollen in more painful cases.

The symptoms are generally made worse when you wear tight or high-heeled shoes and following prolonged activity. It often gets worse over time.

What causes Morton's Neuroma?



Associated causes include:

- Being overweight.

https://movebettergwent.nhs.wales/self_management/healthy-weight/
(See our 'Managing a Healthy Weight' Leaflet)

- Overuse e.g. jobs that involve lots of standing.
- Poorly fitting or unsupportive footwear.
- Poor foot function.



What can I do about it?

Wearing the right shoe is one of the most important things to do. Make sure the shoe is well-fitting with plenty of room for your toes and includes the following features:

- Laces or adjustable Velcro strap.

- Stiffer soles, to limit bending of the joints, with a slight rocker-shape across the forefoot. *(See Footwear Leaflet)*
- **Avoid** high-heels of more than (25mm) 1 inch and pointed or shallow toe box with flexible soles. *(Leaflet available)*

Self-Treatment
Symptoms of a Morton's neuroma can improve with simple treatments, such as resting the foot, wearing well-fitting supportive footwear and applying ice packs. Anti-inflammatory medication may help, speak to the Pharmacist or GP for best advice.

We also recommend:

- Calf muscle stretches (*Leaflet Available*).
- Massage of toes and fore foot
- Foot roller – place a tennis ball or rolling pin on the floor, place your foot on top and roll back and forth to massage the bottom of your foot.
- Foot muscles strengthening exercises (*Leaflet Available*).
- Insoles with a metatarsal support can help to support the foot and are available over the counter, follow this link for suitable insoles www.shoeinsoles.co.uk/pro11-silicone-orthotic-insoles-with-metatarsal-support.html

  Always build up the use of insoles gradually over a week and stop use if you have new pain.





If your symptoms have not started to settle in 12 weeks you can contact us on: 01633 615225 option 1 or risca.podiatry@wales.nhs.uk for further advice.

"This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg".