



What is a neuroma?

- A Neuroma is an enlarged, irritated or compressed bundle of nerves which is usually located between two metatarsal phalangeal joints at the base of the toes.
- The Neuroma is commonly located between the webspace of the 3rd and 4th toes.
- Flat feet, high arches, bunions and pressure on the ball of the foot can contribute to symptoms of a neuroma.

What are the symptoms of a neuroma?

- Pain is usually worse when walking and more intense in tight footwear.
- Burning.
- Tingling.
- Numbness.
- Sharp, shooting sensation either at the point of neuroma or into the toes.

What are the other possible diagnosis of pain in the toes?

The most common differential diagnosis is bursitis. There are other possibilities which require a full assessment to rule them out such as stress fracture and Freiberg's infraction.

Further investigations such as X ray, Ultrasound or MRI (Magnetic Resonance Imaging) may be considered at initial assessment or if conservative management fails.

What treatments are available?

These treatment options may be offered to help relieve symptoms of the Neuroma:

- Biomechanical assessment which is an assessment of the feet related to the way the body walks and runs. A poor foot alignment such as flat feet can relate to excessive pressure in the ball of the foot.
- Orthotics can help to reduce pressure in the ball of the foot. Adaption's to orthotics can help ease symptoms of the neuroma.
- Diagnostic local anesthetic injections.
- Steroid injections may also be given to suppress the localized inflammation and to treat the affected nerve.
- Padding such as a metatarsal dome to splay the metatarsals.
- Stretching or strengthening.
- Footwear modifications.

How can we help?

Your Podiatrist will determine the diagnosis in the initial assessment. At the end of the assessment you will be provide with a short, medium and long term treatment plan specific to your symptoms.

Contact us now

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