

Welcome to Queensferry Podiatry

Established in 1999, we have dedicated over 25 years to providing a professional and welcoming podiatry service. Our expertise includes:

- Routine issues, such as nail problems, hard skin and corns.
- Diabetic foot care and check-ups.
- Musculoskeletal problems.
- Orthotic fitting.
- Nail surgery.

- ✓ Our podiatrists are degree trained.
- ✓ Registered with the Health Care Professionals Council (HCPC).
- ✓ Members of the Royal College of Podiatrists.

Individual Advice:



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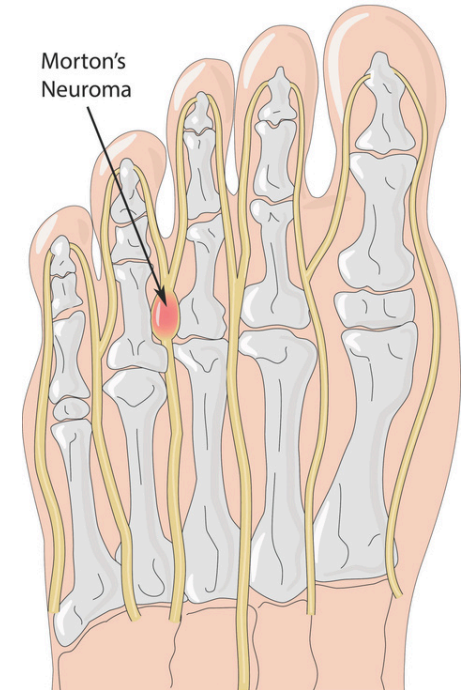
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Morton's Neuroma (Plantar Digital Neuroma)



Guidance for Patients



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What is Morton's Neuroma?

Morton's neuroma is a condition that affects one of the nerves that run between the long bones (metatarsals) in the foot.

The cause of this irritation is not exactly known, but it may be the metatarsal bones compressing the nerve when the gap between the bones is narrow. This causes the nerve to thicken.

About three people out of four who have Morton's neuroma are women. It most commonly affects people between the ages of 40 and 60 but can occur at any age.

Symptoms?

You may have one or more of these symptoms:

- Sensation of walking on a 'pebble' or 'lump'.
- A sharp, stabbing, burning or tingling sensation affecting the ball of the foot and into the toes.
- Pain more commonly affecting the 3rd and 4th toes, can affect all other toes.
- Pain on walking, aggravated when putting on or wearing ill-fitting footwear.
- Relieved by removing footwear and massaging foot.

What Causes Morton's Neuroma?

- Wearing shoes that have a pointy toe box or high-heeled shoes that cause the toes to be forced into the toe box.
- Being overweight.
- People with certain foot deformities such as bunions or hammertoes.
- Other potential causes are activities that involve repetitive irritation to the ball of the foot, such as running or court sports.
- An injury or other type of trauma to the area may also lead to a neuroma.
- Inflammatory conditions i.e. rheumatoid arthritis, psoriatic arthritis etc.

Morton's neuroma involves a thickening of the tissue around one of the nerves leading to your toe. If the pain is particularly bad, an ultrasound test can be given to confirm the diagnosis before deciding on further treatment.



What can Help?

- **Padding and orthotics:** Padding techniques provide support for the metatarsal arch, thereby lessening the pressure on the nerve and decreasing the compression when walking. Orthotics can be provided by your podiatrist to provide the support needed to reduce pressure and compression.
- **Icing:** Placing an icepack on the affected area helps reduce swelling.
- **Activity Modifications:** Activities that put repetitive pressure on the neuroma should be avoided until the condition improves.
- **Shoe Modifications:** Wear shoes with a wide toe box and avoid narrow-toed shoes or shoes with high heels.
- **Injection Therapy:** Steroid or local anaesthetic injections (or a combination of both) into the affected area of the foot may be needed if the simple footwear changes do not fully relieve symptoms.
- **Manipulation/mobilisation** has been found to be effective in some cases.
- **Surgery:** If other therapies have not worked and symptoms persist after 9-12 months, then surgery may be considered. It is usually effective, but can result in permanent numbness in the affected toes.