

Morton's neuroma is a sharp, stabbing, painful condition that affects the ball of your foot, most commonly between your 3rd and 4th toes.

Usually, the pain decreases when you stop ambulating and massage the area. This condition is benign and fixable. It may feel like you are standing on a small rock.

A neuroma is a thickening of the tissue around the nerves between the metatarsals that extend to adjacent toes. This may cause burning, numbness and stinging. Improper footwear or traumas are the main reasons this condition develops. They cause compression and injury to the nerve. Eventually, if the compression continues, the nerve regenerates itself with thick fibrous tissue that causes the swollen inflamed nerve.

Treatment options would include:

1. Shoes with a wide toe box and low to no heel.
2. Activity Adaption: Rest the foot by using less pressure exercises like swimming.
3. Met Pads: To take the pressure off of the nerve. They will help rise and spread the met heads.
4. Ice and taping
5. Orthotics: help cushion and support the foot.
6. Alcohol injections, xylocaine.
7. Surgery.