

Morton's Neuroma

What is a Morton's neuroma?

Nerves run between the bones in the foot and along the toes. A neuroma is a benign (not cancerous) tumor of nerve tissue. A Morton's neuroma most commonly occurs between the bones of the third and fourth toes or those of the second and third toes.

How does it occur?

A neuroma may be caused by running or walking too much, but often it just occurs on its own. The pain is made worse by running on hard surfaces and by wearing shoes that are too tight.

What are the symptoms?

Your foot will be painful. The pain is usually worse when your toes are pointed up. You may get numbness or tingling in the affected area. You will have tenderness between the bones of the third and fourth toes or between the bones of the second and third toes.

How is it diagnosed?

Your doctor will examine your foot and review your symptoms.

How is it treated?

Treatment may include:

- wearing properly fitting shoes
- taking anti-inflammatory drugs
- wearing a pad below one of the bones in your foot or custom-made arch supports (orthotics)

- getting an injection of a cortisone-like medication if the above treatments fail.

Surgery may be required to remove the neuroma.

How can I prevent a Morton's neuroma?

It is not known how to prevent a Morton's neuroma. However, wearing properly fitting shoes with good padding will help decrease the pain of a Morton's neuroma.

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