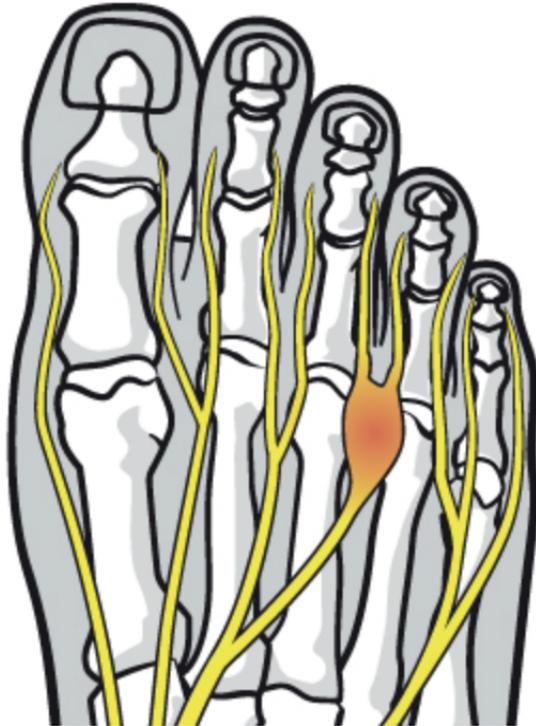


Morton's Nerve Entrapment/Neuroma

Dr. Bregman has treated this condition more than most surgeons in the USA. People travel from all over the country to have him perform decompression of this issue as well as treatment of failed neuroma surgery.

The symptoms often include burning of the affected toes and a fullness feeling in the ball of the foot. Numbness can also occur only in the toes not in the arch. It can be confused with something called capsulitis, which is a disorder of the joint usually of the second toe. This can feel like walking on a marble and a deep soreness. Both of these conditions are made worse with high heels.



Usually seen in the 3rd interspace then the 2nd is the next most common
Made worse by wearing tight shoe gear, high heels
Impact exercises can also make it worse
MRI is only helpful in 20% of the cases
Ultrasound can be helpful but is not always accurate
Sometimes a tight Achilles tendon can contribute and needs to be addressed

Treatment Options: Most foot specialists try alcohol injections or use steroids these are usually not effective but can provide temporary relief. Alcohol injections really do not work. Orthotics and inserts and padding can be attempted but only work about 20% of the time. Laser treatments and other physical medicine modalities can be used they are about 50-70 percent successful and require multiple treatments.
Surgical options: Dr. Bregman has performed hundreds of these, procedure with an over 90% success rate and there is no chance of getting worse. Almost all other doctors will cut the nerve out which has a 25-30% chance of failure leading to a stump neuroma. Usual return to full activity is about 6-8 weeks.
Stump Neuromas: Are failed neurectomies that can be far worse then the original problem. They usually require more aggressive procedures like Radiofrequency Ablation or revisional surgery. Dr. Bregman performs these on a regular basis this requires a much longer recovery when nerve grafting has to be performed.