

# MORTON'S NEUROMA



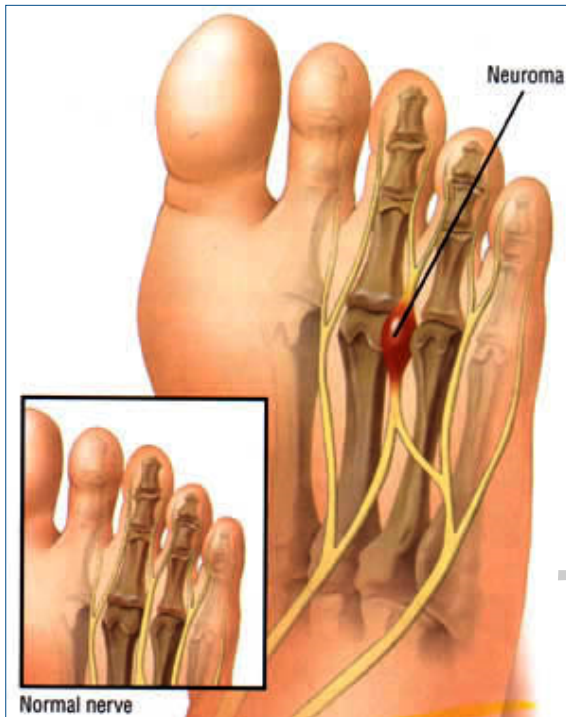
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## INTRODUCTION

Morton's neuroma is a thickening of the interdigital nerve, which supplies feeling to the toes. This nerve runs between the metatarsals (bones) in the foot. If the nerve is swollen it may become irritated, causing pain which goes into the toes.



## DIAGNOSIS

Your surgeon will take a thorough history and physical examination of your feet. Further investigations such as X-rays and ultrasounds may be required. Patients with Morton's neuroma often complain of a burning or tingling pain in the toes. This is much worse when wearing shoes. Often taking your shoes off and rubbing your foot will relieve your symptoms.

## TREATMENTS

### FOOTWEAR MODIFICATION

Wide deep shoes that are comfortable may improve your symptoms.

### CORTISONE INJECTION

Cortisone can be injected around the nerve to lessen inflammation and swelling. Although this may improve symptoms, this is often only temporary.

### SURGERY

Surgery involves removing the swollen part of the nerve. This leads to a loss of feeling in the web space adjacent to the nerve. It also relieves the pain caused by the Morton's neuroma.

Surgery involves a general anaesthetic and a nerve block to provide post-operative pain relief. A small incision is made on the top of your foot at the base of the toe. The swollen nerve is identified and removed.

Post-operatively your foot will be in a bandage and a post-operative shoe for two weeks. You will be able to weight bear during this period of time. Swelling after surgery will take at least 6 months to completely improve. It may take up to 4 weeks to be able to wear a closed shoe. Initially running type shoes are the best footwear, as they allow for swelling.

### RISKS OF SURGERY

Morton's neuroma surgery does involve risk. Risks include infection, recurrence of the pain, prolonged swelling and metatarsalgia (ball of the foot pain).

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