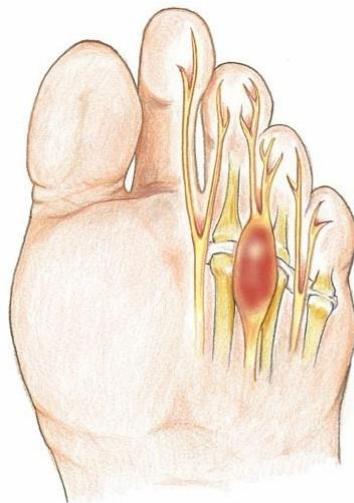




Morton's Neuroma

What is it?

Morton's neuroma is *inflammation and thickening of a small nerve* (interdigital nerve) in the forefoot. It often causes pain & numbness/tingling of the forefoot extending in to the toes. It's often caused by activities causing repeated, excessive toe dorsiflexion (ie: dancers, kickboxers, runners, etc)



©IPFH 2011

Treatments:

- Shoes w/ wide toe box
- Metatarsal pad or Neuroma pad (to open forefoot/metatarsal head space)
- Cortisone injections
- U/S guided Alcohol/Ethanol injection
- Surgery