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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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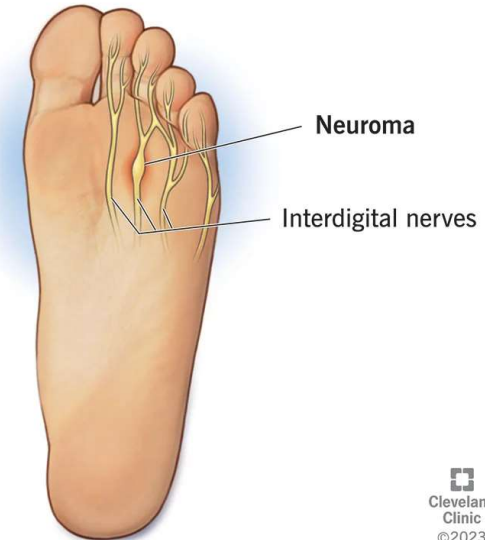
Website: www.ashfordstpeters.nhs.uk

Morton's neuroma

Rowley Bristow Orthopaedic Unit

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Morton's neuroma



Cleveland
Clinic
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Introduction

The purpose of this leaflet is to provide you with some general advice and information about how to manage your foot pain.

What is Morton's Neuroma?

A Morton's neuroma is swelling and inflammation of a nerve that lies between two metatarsal bones (toes) of your foot. It causes pain in the ball of your foot and possibly your toes. This swelling causes thickening of the nerve tissue that surrounds the digital nerve that leads to the toes. It is usually found at the base of the third and fourth toes. This condition can be exacerbated when wearing tight or high heeled shoes which can play a role in symptom cause and certainly make the symptoms worse. The lump (neuroma) is not dangerous and will not cause problems other than in the foot. Occasionally people have Morton's neuromas in both feet.

What causes it?

- The nerves become trapped between the metatarsal bones causing pain. This is often due to ill-fitting footwear and the regular wearing of high heeled shoes.
- Doing a lot of running, or other sports or activities that place pressure on the feet
- Having other foot problems- such as flat feet, high arches, bunions, or hammer toes.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Useful Links

British Orthopaedic Foot and Ankle Society (BOFAS)

<https://www.bofas.org.uk>

Offers a list of all surgeons carrying out specialist foot and ankle surgery across the UK as well as patient information.

Arthritis Research UK / Versus Arthritis

<https://www.versusarthritis.org/>

Phone: 0300 790 0400

Offers a wide range of information and articles as well as a selection of self-help booklets which can be downloaded on the Internet.

National Rheumatoid Arthritis Society (NRAS)

<https://www.nras.org.uk>

Phone: 0845 458 3969

Helpline: 0800 298 7650

Email: enquires@nras.org.uk

Provides information and support for people with rheumatoid arthritis (RA) and juvenile idiopathic arthritis (JIA), their families, friends and carers.

What kind of symptoms do you feel?

The main symptoms of Morton's neuroma include:

- A shooting, stabbing, or burning pain.
- A feeling like a small stone is stuck under your foot.
- Some people may have tingling or numbness in their foot.

General Advice

Many of the problems above can be helped by addressing the factors below:

- It can sometimes be treated with simple measures such as comfortable shoes with a soft insole.
- Possible weight loss where appropriate as being overweight or obese increases stress on your foot and toe joints.
- Wear soft insoles and take simple pain tablets as guided by your GP or Chemist. Your chemist will be able to guide you regarding soft pads for your shoes (ask for metatarsal pads).
- Conservative treatment brings people with Morton's neuroma relief 80% of the time. Research has been shown that 41 percent of people who changed their footwear required no further treatment.
- Recovery time can be variable depending on the severity of your Morton's neuroma and the type of treatment you receive. For some people a change to wider shoes can give quick relief. Others may require injections and pain killers to get relief over time.

- Surgery recovery times vary depending on the type of surgery required.

Don't

- Do not wear tight pointy shoes and/or high heeled or raised heel shoes.

Further ongoing treatment

- If the above measures do not work, an ultrasound scan may be requested, and an injection of local anaesthetic and cortico-steroid will be tried. Sometimes, if the response is not complete, you may require more than one injection.
- Recent studies have shown very promising results with **radiofrequency ablation**.
- If this is not sufficient to control your symptoms, the trapped nerve can be surgically removed. This is normally done as a "day stay case" under general anaesthetic and you return home fully weight bearing in an appropriate shoe. You will then have a follow up with your surgeon 2 weeks later to check the wound(s). You can return back to your normal shoes once the swelling has gone down to allow you to accommodate your foot in your shoe. Physiotherapy is not required.

Like every surgery, excision of a Morton's neuroma comes with **risks**. Some of these are:

- anaesthetic risks,
- infection,
- permanent numbness around your toes,
- vessel damage (can cause pain when the weather is very cold or even amputation, if both arteries supplying the toe are injured (extremely unlikely scenario)),
- scar sensitivity (it is important to massage your wound(s) with Bio-Oil for 10 minutes x3 times / day for 3 months post-surgery, once the wounds have healed),
- failure to improve your symptoms,
- deterioration of symptoms,
- painful nerve stump (recurrence),
- Minimal risk of Deep Vein Thrombosis (DVT).