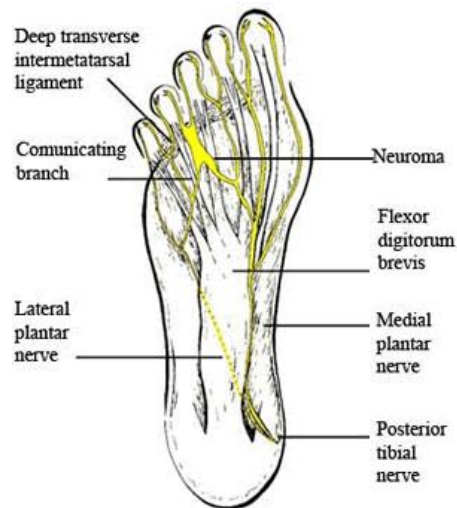


## Forefoot Neuroma

Forefoot neuroma, also known as Morton's neuroma or an interdigital neuroma, is a trapping of the nerves that run into the foot between the metatarsal heads, often described as the ball of the foot. It is caused by repetitive trauma, especially when in tight fitting shoes or in those with flat feet.

### What are the symptoms?

A forefoot neuroma often feels like having a rock in your shoe, especially with standing. A tingling or burning sensation is often present, running from the ball of the foot into the toes, with an occasional "electrical shock" feeling.



A forefoot neuroma is aggravated by wearing tight shoes or continuing to participating in aggravating activities, such as running. The desire to take off the shoe and massage the affected area is a common indicator.

### Treatment

You can treat a forefoot neuroma in a number of ways.

The first step is calming down inflammation. Stop any aggravating activities to allow sore areas to rest. Over the counter anti-inflammatories, taken as directed, as well as ice can help relieve pain and swelling. Icing can be done in a number of different ways:

- Apply a commercial cold pack or a bag of frozen vegetables to the affected area for 20 minutes. Allow 40 minutes before re-icing.
- Freeze water inside a small paper cup and massage the sore areas for 5 minutes.

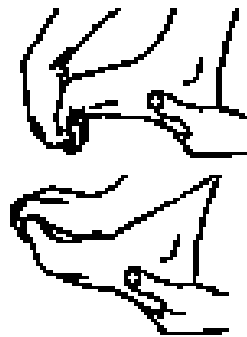
- You can place the lower leg in an ice bath for 20 minutes. Fill a bucket or bath tub with cold water until the area of soreness is submerged.

After settling down the inflammation, specific exercises are important to help relieve pain and allow you to return to pain-free activities.

**Self-Massage with Tennis Ball:** Using a tennis ball, press down on tennis ball with bare, injured foot and roll along injured area. Repeat for 3-5 minutes, 2 times per day.



**Toe Extension Stretch:** Grasp one hand on heel and hold in place. With other hand, grasp toes and pull them backwards until gentle stretch is felt on the underside of the foot. Hold for 30 seconds and relax. Perform 3 times, two times per day.



Footwear is especially important in the management of footwear neuroma. Often, a wider shoe with a soft sole and a low heel assists in allowing the metatarsals room to spread normally as you bear weight onto your foot. Bicycling and swimming are good alternatives to running, allowing you stay active without aggravating symptoms.

If your symptoms persist or become more severe, you may need to follow up with an orthopaedic specialist. Call 630-225-BONE to schedule an appointment with a physician from OAD Orthopaedics.

**Disclaimer:**\* This information should NOT be used in place of visit with your healthcare provider, nor should you disregard the advice of your health care provider because of any information you read in this topic.