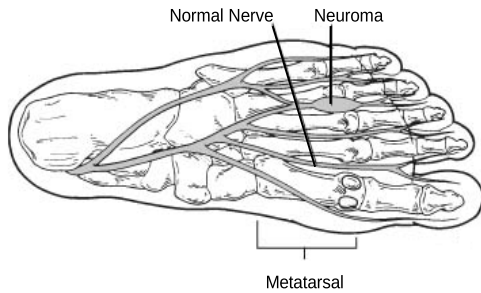


# Intermetatarsal Neuroma (Morton's Neuroma)

Pain in the ball of the foot and into the toes

A neuroma is formed when the plantar nerve, which branches between the metatarsal bones, becomes inflamed and enlarged in a benign tumor-like growth. This leads to the nerve becoming fixed and trapped by the metatarsal bones and causes pain. The pain is often described as a burning sensation with tingling and numbness, located under the forefoot and into the toes. It is more common in a foot with a dropped metatarsal arch. Symptoms are worsened with prolonged activity on hard surfaces and with heeled or tight shoes.



To treat this condition the metatarsal bones need to be separated and the forefoot cushioned. This is accomplished by wearing a cushioned custom made orthotic with a metatarsal support which presses between the metatarsals and relieves pressure on the neuroma.

## Further treatment modalities include:

- Orthotics
- Orthotic Adjustments
- Never going barefoot
- Orthopaedic footwear (Wide, Rocker Soled)
- Anti-Inflammatories (Oral and Topical)
- Injections: Steroid (Depo-Medrol, Kenalog, Decadron)  
Blood (PRP - Platelet Rich Plasma)
- Casting (Walking Boot)
- Other

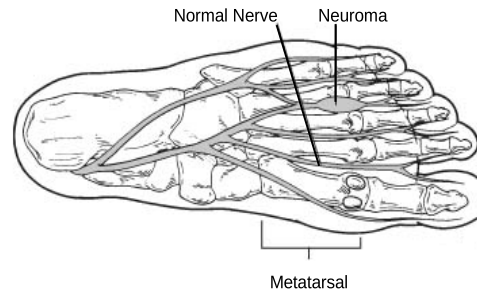
*"Put your feet in our hands"*

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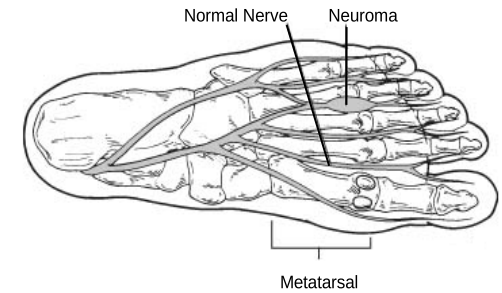
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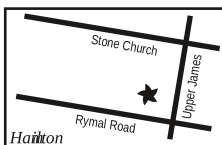


**TENDER MEDICAL TREATMENT FOR:**

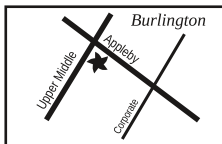
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic footwear
Custom orthotics	Shoe modifications
Compression Hose	Custom bracing

**FOOTCARE PLUS:**

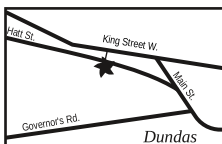
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to Family Physician
7. Fully private treatment suites
8. Licensed to prescribe medications if necessary
9. Recognized by major insurance carriers
10. Direct billing to many insurance companies



**THE HAMILTON FOOT CLINIC**  
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 Hamilton, Ontario L9B 1K3  
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 #22-1960 Appleby Line  
 Burlington, Ontario L7C 0B7  
 Phone: 905-681-2388  
 Fax: 905-681-1871



**HEWAK FOOT CLINIC**  
 60 Hatt Street, Suite 202  
 Dundas, Ontario  
 (Above Rexall Pharmacy)  
 Phone: 905-628-8585

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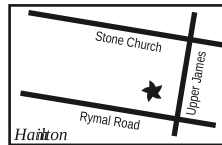


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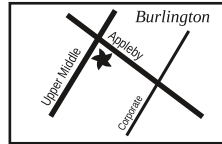
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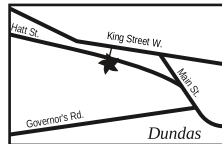
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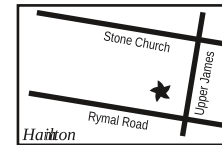


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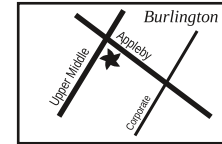
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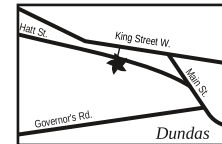
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