

Morton's Neuroma



Patients with Morton's neuroma present with pain in the forefoot, particularly in the “ball” of the foot. Most chronic pain in the forefoot is NOT the result of a Morton's neuroma, but rather is from inflammation (synovitis) of the "toe/foot" joints. The symptoms of Morton's neuroma are due to irritation of one or more of the small nerves, just before they travel into the toes

The symptoms of a Morton's neuroma include:

- Pain, usually between the 3rd and 4th toes
- Numbness (usually between the toes)
- Burning sensation
- Difficulty walking with pain at the ball of the foot

Causes:

- Excessive loading of the forefoot
- High heels and/or narrow toe box
- Anatomic alignment
- Over pronation (low arch)/supination (high arch)

Orthotic Intervention:

- Gently spread the metatarsal heads with a ‘metatarsal pad
- Appropriate anatomical arch support
- Rear foot control with appropriate heel depth

