

Morton's Neuroma



Morton's Neuroma is a common foot problem associated with [pain, swelling and/or an inflammation of a nerve](#), usually at the ball-of-the- foot between the 3rd and 4th toes. [Symptoms of this condition include sharp pain, burning, and even a lack of feeling in the affected area.](#) Morton's Neuroma [may also cause numbness, tingling, or cramping in the forefoot.](#)

CAUSES

Morton's Neuroma is a foot condition [caused from an abnormal function of the foot that leads to bones squeezing a nerve](#) usually between the 3rd and 4th metatarsal heads. [Symptoms of Morton's Neuroma often occur during or after you have been placing significant pressure on the forefoot area, while walking, standing, jumping, or sprinting.](#) This condition [can also be caused from footwear selection.](#) Footwear with [pointed toes and/or high heels can often lead to a neuroma.](#) Constricting shoes [can pinch the nerve between the toes,](#) causing discomfort and extreme pain.

PREVENTION AND TREATMENT

[The first step](#) in treating Morton's Neuroma is to [select proper footwear.](#) Footwear with a [high and wide toe box \(toe area\)](#) is ideal for treating and relieving the pain. The next step in treatment is to [use an orthotic designed with a metatarsal pad.](#) This pad is located [behind the ball-of-the-foot to unload pressure, and relieve the pain](#) caused by the neuroma.

As always: If the problem persists, consult your foot doctor