**Morton’s neuroma**

**What is a neuroma?**

A neuroma is when a thickening occurs to the nerves in between your toes, this is usually due to compression and repeated irritation of the nerve.

This is often caused by footwear with a narrow toe box, for example court shoes or high heels but sometimes joints and soft tissues altering shape and compressing the nerve can also cause this to occur. The body responds to this by thickening the nerve to protect itself until it forms a lump (neuroma) which then causes pain.

**Signs and symptoms of a neuroma**

Neuromas cause a burning or sharp pain and sometimes numbness in the toes and it may feel like you are walking on a pebble, this worsens with wearing of constrictive shoes.

**How is a neuroma diagnosed?**

Usually diagnosis is made by clinical examination by the Podiatrist, there will be pain on compression of the toes and sometimes a click, known as a Mulder’s click is felt with the compression.

If the diagnosis is not clear from examination and further investigation is necessary, an ultrasound scan to the area will be arranged.

**What is the treatment of a neuroma?**

Often just simply changing your footwear to a shoe with a wide, deep toe box with a thick shock absorbing sole is enough to resolve the symptoms.

If this does not significantly reduce symptoms then referral for a steroid injection into the area of the neuroma or referral to a surgeon may be necessary.

If you are not suitable for surgery or an injection an orthotic- a specially designed insole, may be considered if appropriate.