



Neuroma

What is a Neuroma?

A neuroma is a painful condition, also referred to as a “pinched nerve” or a nerve tumor. It is a benign growth of nerve tissue frequently found between the third and fourth toes. It brings on pain, a burning sensation, tingling, or numbness between the toes and in the ball of the foot.

Causes of a Neuroma

- Biomechanical deformities, such as a high-arched foot or a flat foot
- Trauma can cause damage to the nerve, resulting in inflammation or swelling of the nerve.
- Improper footwear that causes the toes to be squeezed together is problematic. High heel shoes can also increase pressure on the forefoot area.
- Repeated stress, common to many occupations, can create or aggravate a neuroma.

Symptoms of a Neuroma

- Pain in the forefoot and between the toes
- Tingling and numbness in the ball of the foot
- Swelling between the toes
- Pain in the ball of the foot when weight is placed on it

Treatment Options:

- **Footwear:** Wear shoes with plenty of room for the toes to move, low heels, and laces or buckles that allow for width adjustment. Wear shoes with thick, shock-absorbent soles, as well as proper insoles that are designed to keep excessive pressure off of the foot.

- **Padding and Taping:** Special padding at the ball of the foot may change the abnormal foot function and relieve the symptoms caused by the neuroma.
- **Medication:** Anti-inflammatory drugs and cortisone injections can be prescribed to ease acute pain and inflammation caused by the neuroma
- **Orthotics:** Custom shoe inserts made by your podiatrist may be useful in controlling foot function. Orthotics may reduce symptoms and prevent the worsening of the condition.
- **Resting:** Resting your foot and massaging the affected area can temporarily alleviate neuroma pain. Use an ice pack to help to dull the pain and improve comfort.
- **Surgical Options:** When early treatments fail and the neuroma progresses past the threshold for such options, podiatric surgery may become necessary.

Practitioner's Notes:

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