



Podiatry News and Clues

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What is *Morton's Neuroma*?

What occurs is a thickening of the tissue around one of the nerves leading to your toes, commonly the area between your third and fourth toes, and this can cause a sharp, burning pain in the ball of your foot. Other symptoms are numbness or feeling like you have a pebble in your shoe. Unfortunately, there aren't any obvious signs such as deformities, erythema (redness), inflammation or limitation of movement. Neuroma is a soft tissue abnormality and won't be seen on standard x-rays, even though they are necessary for excluding other issues with similar symptoms, these lesions can be found using ultrasound or MRI technology.

Am I at Risk?

Morton's Neuroma

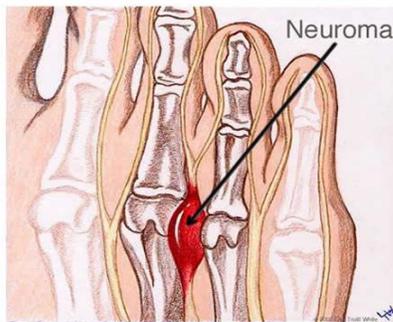


Illustration by Lisa Truitt White © 2002

Morton's Neuroma seems to occur in response to irritation, pressure or injury to one of the nerves that lead to your toes. High-heeled shoes have been linked to the development of Morton's Neuroma. Sports that feature tight shoes or participating in high-impact athletic activities such as jogging or running may subject your feet to repetitive trauma. Also, people who have bunions, hammertoes, high arches or flatfeet are at higher risk of developing Morton's Neuroma.

There are other causes of pain in the forefoot. Too often all forefoot pain is categorized as Neuroma. Capsulitis and Bursitis are conditions that cause pain on weight bearing or compression. The inflammation from these conditions will put pressure on an otherwise healthy nerve and give neuroma-type symptoms.

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Is There Treatment?

Arch supports or orthotics and corticosteroid injections are commonly used as conservative treatments for Morton's Neuroma.

-Orthotic therapy, with an additional pad positioned under the space between the two affected toes, can relieve pressure and irritation on the nerve.

-Corticosteroid injections can relieve inflammation and help to end the symptoms. However, the inflammation and pain can recur after some weeks or months, and corticosteroids can only be used a limited number of times.

Sclerosing alcohol injections are an available alternative treatment if the above management approaches fail. If such interventions fail, surgery is offered as a last resort which is known as a **neurectomy**, which involves removing the affected piece of nerve tissue.

View our video of Dr. Taub's Morton's Neuroma Injection at this link: <http://youtu.be/At3oEYDxzts>

Also read below a testimonial of one of our patients' experiences with this injection:

"Dr. Taub has been treating my neuroma with injections for a couple of years. He is a very compassionate person and talks his patient's through the whole thing. There is little to no discomfort associated with this procedure and I really don't know what I would do without the injections. The injections make it possible for me to do not only the things I have to but also the activities that I enjoy. Thank you Dr Taub and your excellent staff !!!" -Ramona S

~Quote Of The Day~

