What is Morton’s Neuroma? By Steven Neufeld MD

As the founder of the Orthopaedic Foot & Ankle Center of Washington, Steven Neufeld, MD, has created one of the most comprehensive centers for the treatment of foot and ankle-related conditions in the Washington, DC, area. Leveraging the education and training he received in orthopaedic surgery during a residency at The Ohio State University and a fellowship with Mark Myerson, MD, and Lew Schon, MD, in Maryland, Steven Neufeld, MD, specializes in total ankle replacement surgery. He also treats bunions and other common disorders of the feet and legs, such as heel fractures, bowed legs, and Morton’s neuroma.

Here is a brief overview of the common foot condition known as Morton’s neuroma.

Question #1: What is Morton’s neuroma?

Answer #1: Commonly referred to as a “pinched nerve,” [Morton’s neuroma](http://en.wikipedia.org/wiki/Morton%27s_neuroma) is a painful condition in which the nerve tissue between the third and fourth toes thickens and causes pain, numbness, or a tingling sensation in between the toes.

Question #2: What are a few of the symptoms?

Answer #2: Patients with Morton’s neuroma may experience swelling or pain in the areas between the toes; pain when weight is placed on the ball of the foot; or a numbness or tingling sensation around the ball of the foot.

Question #3: What are some recommended treatments for this condition?

Answer #3: There are several ways to treat Morton’s neuroma, including wearing shoes with thick soles and appropriate insoles that alleviate pressure on the foot; using a foot massager or ice pack to help reduce the pain; and avoiding high-heeled shoes. If these simple lifestyle changes do not bring relief, an orthopaedic surgeon may suggest corticosteroid injections or surgical intervention.