

What is a Morton's Neuroma? It is an irritated nerve in the ball of your foot that produces pain, numbness, and a feeling of "fullness" under your toes. Some patients describe feeling like their sock is bunched up under their toes. Occasionally, you may experience an "electric-shock" sensation that starts at the ball of your foot and travels out into your toes.



The term "Morton's Neuroma" refers to the swelling of the delicate nerves that occurs with repetitive trauma. Traumatic injury results from prolonged barefoot walking or repetitive exercises that load the ball of our foot such as running and jumping. Alternatively, tight, or poorly fitting shoes can squeeze your foot bones together, smashing these nerves. Once injured, it can be challenging to break the "vicious cycle" of reoccurring nerve trauma.

Treatment options for Morton's Neuroma start with shoe changes. Many patients are wearing shoes that are too small! Trying new shoes on in the evening ensures an accurate fit as our feet swell throughout the day. Shoes should have wide toe boxes and made of soft materials that do not constrict the foot. Avoid any shoes that are known to recreate your symptoms.

Another important treatment option involves activity modification. Avoid excessive bending and loading of the ball of your foot such that occurs with walking uphill, running, dancing, jumping, planks, pushups, and many yoga poses. Focus on exercises that keep your foot flat such as squats, elliptical machines, and stationary biking to give the Morton's Neuroma a chance to heal.

More stubborn Morton's Neuroma cases may require pressure-relieving pads, custom orthotics, cortisone injections and occasionally surgical excision. Although a last resort, surgery results in excellent outcomes and consists of a 30-minute outpatient procedure with immediate full weight bearing in a post-operative surgical shoe.

Call 703-525-2200 to schedule a visit with Dr. Buchanan to discuss treatment options for your Morton's Neuroma.