



Neuromas

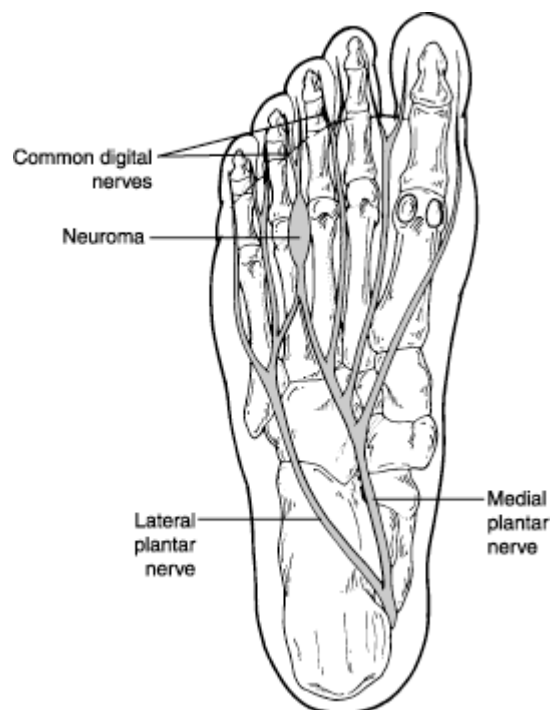
Definition: A neuroma is an inflamed covering of a bundle of nerve endings which occurs when the tissue surrounding a nerve becomes enlarged and thickened, usually in the third intermetatarsal space, the space between the third and fourth toes and metatarsals, but can occur in the other metatarsal areas with the 2nd interspace being the next most common location. Generally occurs in adults and is more common in females.

Symptoms: Pain in the ball of the foot, generally the toes, burning or tingling sensation in the foot. Numbness and cramping may also occur. Generally there is no swelling or bumps. Patient will often describe the pain as similar to having a stone in his or her shoe. Removal of the shoe and massaging the area usually provides relief.

Causes: Excessive pronation, flat feet, wearing tight or poorly fitting shoes, especially pointed high-heeled shoes, and walking barefoot can all contribute to this condition. Can be aggravated by prolonged standing. The source of this pain is an enlargement of the sheath of an intermetatarsal nerve in the foot.

Treatment: Stretching, Strengthening, and Supporting, along with ICE and REST have been found to be the simplest and most effective treatment. Stretching of the foot and massage can help to decrease pressure between the toes and metatarsals. Strengthening of the foot with the toe curl exercise can help to strengthen the

arch. Supporting the foot with proper shoes and insoles can help prevent, improve or eliminate the vast majority of foot problems. Make sure the shoe has enough room in the toe box. May need an additional metatarsal support to help decrease pressure on the ball of the foot. Avoid high heels because they place undo strain on the forefoot and can contribute to a number of foot problems. Rest the foot and massage the affected area. Use an ice pack to help dull the pain and improve comfort. If these self-treatments do not provide relief, physical therapy, medical treatment or surgery may be necessary.



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