

Morton's Neuroma

Definition

A neuroma is a benign tumor of a nerve. Morton's neuroma is not actually a tumor, but a thickening of the tissue that surrounds the digital nerve leading to the toes. It occurs as the nerve passes under the ligament connecting the toe bones (metatarsals) in the forefoot. Morton's neuroma most frequently develops between the third and fourth toes, usually in response to irritation, trauma or excessive pressure. The incidence of Morton's neuroma is 8 to 10 times greater in women than in men.

Initial therapies are nonsurgical and relatively simple. They can involve one or more of the following treatments:

Changes in footwear. Avoid high heels or tight shoes, and wear wider shoes with lower heels and a soft sole. This enables the bones to spread out and may reduce pressure on the nerve, giving it time to heal.☐ Orthoses, custom shoe inserts and pads also help relieve irritation by lifting and separating the bones, reducing the pressure on the nerve.☐ One or more injections of a corticosteroid medication can reduce the swelling and inflammation of the nerve, bringing some relief.



Surgery: If conservative measures have been exhausted then surgical excision of the neuroma is an option.

Surgical Risks:

- Infection, Scar problems
- Loss of sensation
- Post operative swelling
- Failure of the operation
- Blood clots, Anaesthetic problems
- Heart attack/angina

Surgery

Time: 10-15 minutes

Incision placement: On top of the foot between the affected toes or on the ball of the foot.

Stitches: Dissolvable stitches are used where possible

Work: You walk in and out of the day surgery centre and can normally go back to work in a week or two.

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