

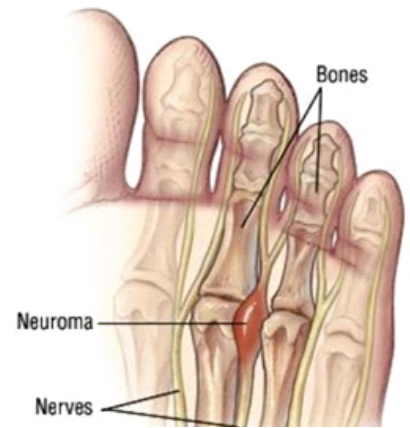
## Morton's Neuroma

### What is it?

A Morton's Neuroma is a thickened nerve that presents between the long bones (metatarsals) of your foot. Although they can occur between any of these long bones, the most common location is between the 3rd and 4th metatarsal heads.

Despite being variable between patients, the most common presenting complaints are:

- ➔ burning
- ➔ tingling
- ➔ numbness within the area
- ➔ pain
- ➔ referred pain/numbness into toes



## MORTON'S NEUROMA

### How is it diagnosed?

A thorough clinical musculoskeletal examination will generally be sufficient for the diagnosis of a Morton's Neuroma. Depending on the severity of your symptoms, you may be referred for an ultrasound to confirm the diagnosis or to rule out further pathology.

### Possible Treatments:

- ➔ Rest/Ice
- ➔ In-shoe Padding
- ➔ Strapping
- ➔ Footwear advice
- ➔ Foot Mobilisation Therapy
- ➔ Custom orthotics
- ➔ Corticosteroid injections
- ➔ Surgery
- ➔ Shockwave Therapy

