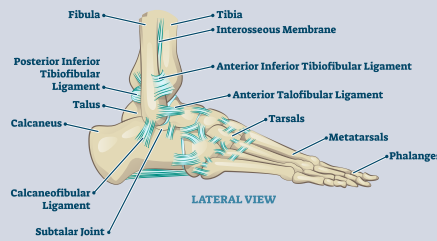


Foot and Ankle Conditions and Treatments



NEUROMA

A neuroma is a painful condition that affects the ball of your foot, most often between the third and fourth toes. The tissue surrounding a nerve leading to the toe becomes thickened and swollen and can often feel like you are “standing on a marble.”

Neuromas are much more common in women than men, and they typically develop from irritation, excessive stress, or a trauma to the foot. Burning pain, toe numbness and tingling, and a feeling of fullness under the forefoot can occur.

Tight, narrow shoes, high-impact activities, and walking barefoot can exacerbate symptoms. The physician will examine your foot and often be able to feel a small mass or click under your foot. Often, x-rays are ordered to rule out any stress fracture or arthritis.

Initial treatment includes anti-inflammatory medication and proper-fitting shoes to reduce pressure on structures in the forefoot. Shoe inserts and cushion pads may also reduce compression of the nerve and relieve symptoms. Corticosteroid injections have a strong anti-inflammatory effect and can reduce the swelling and irritation around the nerve. The majority of individuals will have symptom relief with a combination of nonsurgical treatments.

If conservative treatment fails to relieve symptoms, your doctor may discuss surgical treatment. The procedure is an outpatient surgery performed under a type of anesthesia. The surgeon will make a small incision and remove the neuroma and surrounding tissue. It may take three to four weeks before you feel comfortable walking after surgery.