



NEUROMA



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Cause

A neuroma is a painful condition caused by the swelling and inflammation of a nerve. They are commonly seen in the forefoot area affecting the nerves that run between the metatarsals. A Morton's neuroma refers to the swelling and inflammation of the nerve that runs between the 3rd and 4th toes.

- Tight footwear - leads to pinching of the nerve between the metatarsals (forefoot bones)
- Pronation - leads to altered pressures on the forefoot causing the bones to squeeze the nerves
- Trauma or high impact activities on forefoot area

Symptoms

- Pain - discomfort especially performing certain movements or wearing tight shoes or socks
- Swelling - around the forefoot area, sometimes a mass or pebble like shape can be felt between the long toe bones
- Tingling - a sensation or tingling or pins and needles
- Numbness - in severe cases numbness of the forefoot or toes may be experienced

Treatment

- Footwear modification both inside and outside the dance studio
- Padding to reduce pressure on the area
- Anti Inflammatories
- Prolotherapy
- Orthotics
- Surgery

