

PodiatryCare, P.C. *and the* Heel Pain Center

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NEUROMAS

An intermetatarsal neuroma is an irritative process of the common digital nerve and is considered a benign enlargement of the nerve. It most frequently involves the nerve within the third interspace, but may also involve the other interspaces.

Symptoms

You may experience pain, numbness and burning in your foot. Other common sensations are feeling as though a sock is bunched up under the bottom of your foot or feeling as though a rock is in your shoe. Symptoms are aggravated with activity and relieved by rest, removing shoes and massaging your foot.

Causes

It occurs in all ages and most frequently in females. High-heeled shoes, trauma and repetitive stresses incurred in both occupational and recreational activities are common contributing factors. Any condition that causes constriction and/or irritation of the nerve can lead to its development. Diagnosis is made through history, physical examination and symptoms.

Treatment

Treatment can be directed at surgical or non-surgical options. Non-surgical treatment includes modification of shoes, padding, orthotics, steroid injections and/or alcohol sclerosing injections (see below). If these treatments still do not alleviate the symptoms, surgical options are also available. These may include a neurectomy (nerve removal) or neurolysis (nerve release).



Alcohol Injections for Neuromas (Neurolysis)

Neuromas can be treated by a non-surgical procedure called Neurolysis. This is a safe, effective means of eliminating painful neuroma problems without the need for surgery. The success rate of this procedure has been significant. The treatment plan will consist of a series of injections usually at a two-week interval. A quick injection of a small amount of alcohol and numbing medicine is placed at the site of the painful nerve or nerves. Some patients will see an improvement after the first three injections, however other individuals can require additional injections. After an injection a return to all normal activities is possible. In our practice, this has become a valuable tool that has lessened the need for surgical intervention to correct the painful condition of a plantar/Morton's type neuroma. Neurolysis is a covered procedure through insurance companies.

For More Information:

<http://www.foothealthfacts.org/footankleinfo/mortons-neuroma.htm>

<http://www.apma.org/MainMenu/Foot-Health/Brochures/Learn-About-Your-Feet/Neuromas.aspx>