

NORTH ROCKLAND PODIATRY

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Mortons Neuroma:

A Morton's neuroma is a benign growth of the nerve sheath of a nerve that courses between the toes. This condition is an abnormal growth, but is not a cancer that can become a dangerous condition. Rather, the Morton's neuroma can become a painful nuisance. Occasionally, people may also experience symptoms of shooting pains or tingling extending into the toe adjacent to the neuroma. Pain is usually most significant with more strenuous activity and when wearing shoes with a narrow toebox.

Treatment:

Treatment of the Morton's neuroma usually begins conservatively in an effort to decrease pain in the area of the growth. Most patients find removing their shoes and massaging the feet is an effective means to reduce the pain they experience. Wearing appropriate footwear (with a wide toebox) and use of so-called metatarsal pad are also effective. About 25% of patients will experience complete resolution of their symptoms by taking these steps.

If footwear adaptation and some mild analgesic medications do not help the situation, then surgery may be needed. Surgery is done to remove the abnormal nerve. When the entire growth is removed, the pain is usually resolved. Patients will also notice a small area of numbness in the toe. Sensation in the numb area was provided by the affected nerve and when the Morton's neuroma is removed an area of numbness will result. It is important for the patients to know, prior to undergoing surgery, that about 15-20% of the time the pain will not resolve entirely following the operation to remove the Morton's neuroma.