



NIKHIL NANAVATI

Morton's neuroma



Introduction

A Morton's neuroma is an overgrowth of the small nerves supplying the toes. Commonly this pain is felt between the bottom of the toes in the webspaces. Patients may be able to feel a small pea-like structure that is painful to touch or causes pain when walking. It most commonly occurs between the 3rd and 4th toes and between the 2nd and 3rd toes. Because this area of anatomy is so closely linked to the parts of bones that we walk on (metatarsal heads), it's important to ensure that there is no other cause for the pain. Most of the time, surgery isn't required for a Morton's neuroma but in cases that do not respond to simple medical treatment, it may be offered to patients.

Treatment

Injection: Injections with steroid and anaesthetics can be performed under ultrasound scan guidance. This completely resolves symptoms in up to 90% of patients.



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Surgery –Removal of neuroma: The neuroma can be removed which can lead to loss of sensation on the side of the toe. The aim of surgical removal is to improve the pain experienced by patients.

After the operation

Removal of neuroma

Patients will remain in a special heel weightbearing shoe for 2 weeks until their wound has fully healed. Patients can then return into their normal footwear and will be followed-up in the clinic 6 weeks from the date of their operation.

Patients will also be provided with a personalised treatment plan following their individual operations.