



## Mortons Neuroma



Are you experiencing a dull ache in your forefoot that sometimes turns into a sharp radiating pain into your toes? Or do you get unexplained numbness at the end of a toe/toes?

These are common symptoms that occur in a condition called Morton's neuroma. The Morton's Neuroma is simply described as a thickening of the nerve or surrounding tissue as it passes through the space between the Metatarsal heads. It is usually found between the 3rd and 4th metatarsals but it can occur between the others.

Compression of the forefoot from wearing shoes that are too tight is a common cause. However there are other biomechanical causes of the pathology that always need to be assessed. In severe cases surgery may be required.

**Call 9388 9999**