

Information for patients

North East Essex Community Services Collaborative

Morton's neuroma

What is Morton's neuroma?

Morton's neuroma is a condition that affects one of the nerves between the toes. A fibrous tissue develops around the nerve, which becomes irritated and compressed. This causes severe pain in the ball of the foot and at the base of the toes.

Morton's neuroma can occur in one or both feet. It usually affects the nerve between the third and fourth toes, but sometimes any toes can be affected.

You may initially experience a tingling sensation in the space between your toes, which gets worse over time. This may lead to cramp in your toes and a sharp shooting or burning pain in the ball of your foot or at the base of your toes.

The pain is often worse when walking or wearing shoes that press on the affected area.

Causes of Morton's neuroma

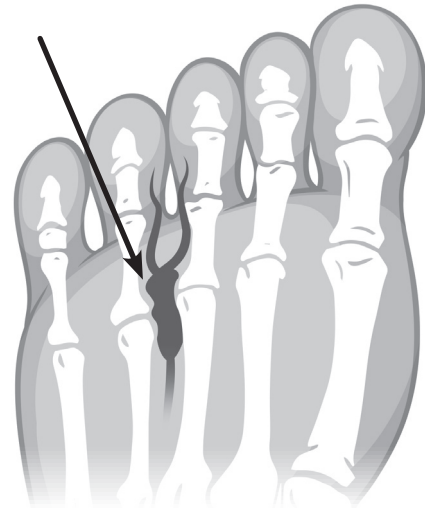
The pain of Morton's neuroma occurs when the nerve connecting to the toes becomes irritated or compressed.

Treatment for Morton's neuroma

- Wearing shoes with a wide toe box is recommended.
- Pain-relieving medications are available to help ease discomfort.

- Orthotic devices can be used to offload pressure from the affected area.
- Steroid injections.
- If the above treatments do not work, surgery may be required. This involves removing the thickened tissue around the nerve to release the pressure.

Morton's neuroma



Further information

For further information, visit www.nhs.uk/conditions/mortons-neuroma/

Please ask if you need this leaflet in an alternative format.

Issue 1: July 2023 Review date: June 2026
Produced by East Suffolk and North Essex NHS Foundation Trust
on behalf of North East Essex Community Services Collaborative.

Design and layout © East Suffolk and North Essex NHS Foundation Trust, 2023.
on behalf of North East Essex Community Services Collaborative.
All rights reserved. Not to be reproduced in whole, or in part, without the permission of the copyright owner.