

## What Is a Neuroma?

A neuroma is a thickening of nerve tissue that may develop in various parts of the body. The most common neuroma in the foot is a Morton's neuroma, which occurs at the base of the third and fourth toes. It is sometimes referred to as an intermetatarsal neuroma. "Intermetatarsal" describes its location—in the ball of the foot between the metatarsal bones (the bones extending from the toes to the midfoot). Neuromas may also occur in other locations in the foot.

The thickening, or enlargement, of the nerve that defines a neuroma is the result of compression and irritation of the nerve. This compression creates swelling of the nerve, eventually leading to permanent nerve damage.

## Symptoms of a Morton's Neuroma

If you have a Morton's neuroma, you will probably have one or more of these symptoms where the nerve damage is occurring:

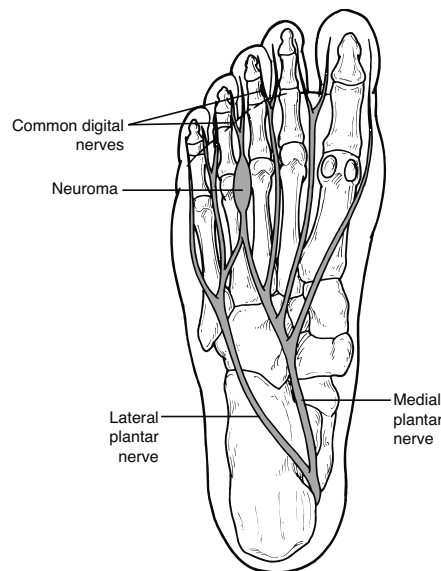
- Tingling, burning, or numbness
- Pain
- A feeling that something is inside the ball of the foot, or that there's a rise in the shoe or a sock is bunched up

The progression of a Morton's neuroma often follows this pattern:

- The symptoms begin gradually. At

first they occur only occasionally, when wearing narrow-toed shoes or performing certain aggravating activities.

- The symptoms may go away temporarily by massaging the foot or by avoiding aggravating shoes or activities.
- Over time the symptoms progressively worsen and may persist for several days or weeks.
- The symptoms become more intense as the neuroma enlarges and the temporary changes in the nerve become permanent.



## What Causes a Neuroma?

Anything that causes compression or irritation of the nerve can lead to the development of a neuroma. One of the most common offenders is wearing

shoes that have a tapered toe box, or high-heeled shoes that cause the toes to be forced into the toe box.

People with certain foot deformities—bunions, hammertoes, flatfeet, or more flexible feet—are at higher risk for developing a neuroma. Other potential causes are activities that involve repetitive irritation to the ball of the foot, such as running or racquet sports. An injury or other type of trauma to the area may also lead to a neuroma.

## Diagnosis

To arrive at a diagnosis, the podiatric foot and ankle surgeon will obtain a thorough history of your symptoms and examine your foot. During the physical examination, the doctor attempts to reproduce your symptoms by manipulating your foot. Other tests may be performed.

The best time to see your podiatric surgeon is early in the development of symptoms. Early diagnosis of a Morton's neuroma greatly lessens the need for more invasive treatments and may avoid surgery.

## Treatment

In developing a treatment plan, your podiatric surgeon will first determine how long you've had the neuroma and evaluate its stage of development. Treatment approaches vary according to the severity of the problem.

For mild to moderate cases of neuroma, treatment options include:

- **Padding.** Padding techniques provide support for the metatarsal arch, thereby lessening the pressure on the nerve and decreasing the compression when walking.
- **Icing.** Placing an icepack on the affected area helps reduce swelling.
- **Orthotic devices.** Custom orthotic devices provided by your podiatric surgeon provide the support needed to reduce pressure and compression on the nerve.
- **Activity modifications.** Activities that put repetitive pressure on the neuroma should be avoided until the condition improves.

- **Changes in footwear.** It's important to wear shoes with a wide toe box and avoid narrow-toed shoes or shoes with high heels.
- **Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, help reduce the pain and inflammation.
- **Injection therapy.** If there is no significant improvement after initial treatment, injection therapy may be tried.

### When Is Surgery Needed?

Surgery may be considered in patients who have not received adequate relief from other treatments.

Generally, there are two surgical approaches to treating a neuroma—the affected nerve is either removed or released. Your podiatric surgeon will determine which approach is best for your condition.

The length of the recovery period will vary, depending on the procedure or procedures performed.

Regardless of whether you've undergone surgical or nonsurgical treatment, your podiatric surgeon will recommend long-term measures to help keep your symptoms from returning. These include appropriate footwear and modification of activities that cause repetitive pressure on the foot. ▲



Melissa J. Lockwood, D.P.M.

Melissa J. Lockwood, D.P.M. – As founder of Heartland Foot and Ankle Associates, P.C., Dr. Melissa J. Lockwood happily returns to central Illinois after seven years in Cleveland, Ohio. She is a graduate of Providence Catholic High School in New Lenox, Illinois. Dr. Lockwood completed her undergraduate degree from the University of Illinois (Urbana/Champaign) in 2001 with a Bachelor of Science in Biology and a minor degree in Chemistry. Dr. Lockwood has a great interest in archaeology and also received a minor degree in Anthropology from the U of I in 2001.

Dr. Lockwood went on to the Ohio College of Podiatric Medicine and matriculated with her Podiatric Medical Degree in 2005. While at OCPM, Dr. Lockwood served as both a delegate to the student branch of the APMA

as well as President of the Student Government organization (OPMSA). Dr. Lockwood was the recipient of several awards while attending OCPM, including the Ohio Podiatric Medical Association Dr. James Conforti Community Relations Award and the OCPM Mildred Kaufman Memorial Award for Proficiency in Orthopedics and Biomechanics.

Dr. Lockwood arrives in Bloomington following a three year residency in Cleveland, Ohio. Dr. Lockwood completed a 36 month Podiatric Medical and Surgical Residency Program based out of the University Hospital System/Richmond Heights Medical Center. Dr. Lockwood has extensive training in both forefoot (bunions, hammertoes, neuromas) elective surgical procedures as well as rearfoot reconstruction. She has a special interest in the treatment of chronic wounds as well as diabetic palliative care. Dr. Lockwood enjoys working with patients one on one in a clinical setting and chatting about her favorite sports teams!

Dr. Lockwood and her husband Scott are pleased to be back in their home state and rooting on the Illini, Redbirds, Chicago Bears, and White Sox! Scott is a 2000 Illinois State University Alumni with a BS degree in Accountancy. He is a CPA working in Bloomington.

#### EDUCATION

University of Illinois, Urbana-Champaign, BS Biology (01)  
Professional: Ohio College of Podiatric Medicine, (05)  
Residency: University Hospital Richmond Medical Center (05-June 08)

#### PROFESSIONAL ACCREDITATION

NBPME Part I (03) NBPME Boards Part II & Part III - PM Lexus (05)  
State of Illinois Licensure (08)

#### HONORS AND AWARDS

Illinois State Scholar (1997)  
OCPM Academic Scholarship (01) OCPM Dean's List (04)  
OPMA Dr. James Conforti Community Relations Award (05)  
OCPM Mildred Kaufman Memorial Award for Proficiency in Orthopedics and Biomechanics (05)  
University Hospitals Richmond Medical Center Outstanding Podiatric Resident (08)

#### PROFESSIONAL ORGANIZATIONS

President, Ohio Podiatric Medical Student's Association (02-04)  
Delegate, American Podiatric Medical Student's Association (02-04)  
Chairman, President's Committee, American Podiatric Medical Student's Association Feb. 2004  
Member – OCPM Board of Trustees (02-04)  
APMA/IPMA, AAPP, AAAP member at large

#### RESEARCH/PUBLICATIONS

*Sesamoid Pathology*, coauthored with  
Dr. Joseph Favazzo, D.P.M., December 2005. Compilation of forefoot pathology edited by Vincent J. Hetherington, D.P.M.



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### American College of Foot and Ankle Surgeons

This information has been prepared by the Consumer Education Committee of the American College of Foot and Ankle Surgeons, a professional society of 5,800 foot and ankle surgeons. Members of the College are Doctors of Podiatric Medicine who have received additional training through surgical residency programs.

The mission of the College is to promote superior care of foot and ankle surgical patients through education, research and the promotion of the highest professional standards.

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