

If you discover any problems with your feet, contact your Podiatry Department or GP immediately. If they are not available, go to your nearest accident and emergency department. Remember, any delay in getting advice or treatment when you have a problem can lead to more serious problems.

Individual advice

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Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:
You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.
You have a responsibility to treat other service users, patients and our staff with dignity and respect

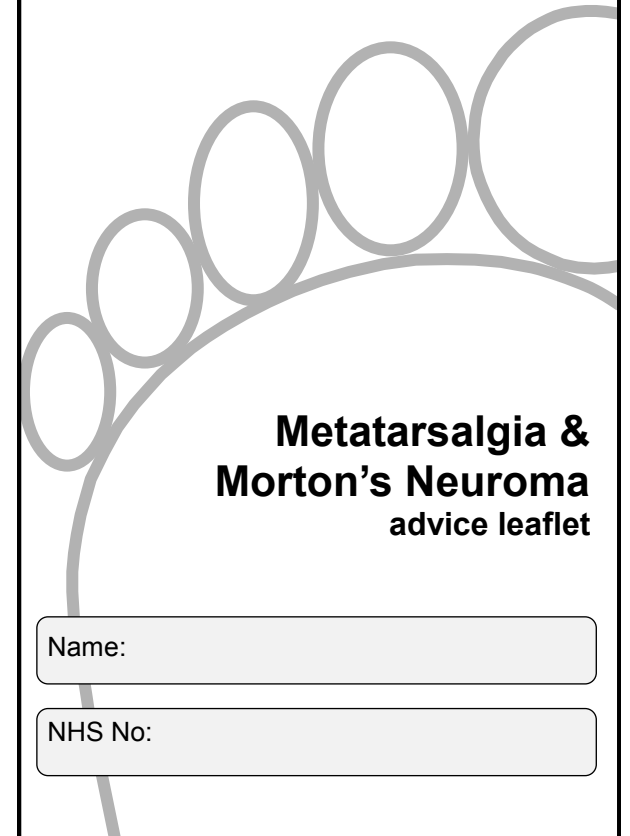
Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.
You can contact the service by the direct telephone line on 01926 600 054 by email: Pals@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road Entrance of Warwick Hospital.

SWFT Podiatry Department does not supply sport orthotics, purely for use in sports.

Podiatry Department



Metatarsalgia & Morton's Neuroma advice leaflet

Name:

NHS No:

Podiatry Single Point of Access
Telephone: 01926 600810
Lines open 9am to 4pm Monday to Friday
E-mail: podiatryreferrals@swft.nhs.uk

Morton's Neuroma

Definitions

Metatarsalgia is a broad term used to describe generalised pain under the ball of the foot.

Morton's Neuroma is a common foot problem associated with pain, swelling and/or an inflammation of a nerve. It is usually on the ball-of-the-foot, often between the middle toes. Symptoms include sharp pains, burning, and even a lack of feeling in the affected area. It may also cause numbness, tingling, or cramping in the foot or toes, which is worse on weight bearing.

Causes

Metatarsalgia

Starts gradually and is caused by many different underlying problems.

- Callous (hard skin)
- Arthritis
- Gout
- Previous foot surgery
- Footwear
- Stress fracture new or old
- Overweight
- Toe deformities
- Diabetes

Morton's Neuroma

Is caused from abnormal function of the foot that leads to bones squeezing a nerve.

Symptoms often occur during or after you have been placing significant pressure on the forefoot area such as, walking, standing, jumping, or sprinting. This condition can also be caused by footwear selection. Footwear with pointed toes and/or high heels can often lead to a Neuroma. Constricting shoes can pinch the nerve between the toes, causing discomfort and extreme pain.

Treatments

- **Footwear**
Changing the type of shoes that you usually wear will help. Shoes with a wider, deeper toe box with an adjustable fastening will help to ease the pressure on the nerve in your foot- please see footwear advice sheet *MSK3*.
- **Icing and Exercises**
Resting your foot and massaging the toes can help. Using an ice pack over the area can help too.
- **Weight Loss**
This condition is often associated with being overweight. If you are overweight losing weight is essential in managing this condition.
- **Orthotic Devices**
A support under the arch may help or a metatarsal pad which is placed behind the ball of the foot to ease the pressure. These are available to purchase from larger pharmacies, retailers and on-line.
- **Simple Painkillers**
e.g. Paracetamol or non-steroidal anti inflammatory drugs (NSAIDS) that you would normally take for a headache. If unsure, please seek pharmacy advice.

If the above methods are unsuccessful, then a referral may be needed from your G.P. for further diagnostic tests e.g. Ultrasound/ X-Ray. Depending on these results a follow up may be needed for steroidal injections or Surgery.