

# Foot Clinic

## CONDITIONS TREATED

- Achilles Tendonitis • Arch Pain / Arch Strain • Athlete's Foot • Bunions (Bunionettes)
- Callouses / Corns • Claw Hammer Mallet Toes • The Diabetic Foot • Heel Pain • Heel Spurs
- Ingrown Toenail • Knee Pain • Metatarsalgia • Morton's Neuroma • Morton's Toe • Neuropathy
- Overlapping Toes • Over Pronation (Flat Feet) • Plantar Fasciitis • Post-tib Tendonitis
- Sports Injuries • Shin Splints • Verrucae

## SERVICES INCLUDE

- Gait Analysis • FootScan • Orthoses

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## Morton's Neuroma

Morton's Neuroma is a foot problem characterised by pain, swelling and/or an inflammation of a nerve usually at the ball of the foot between the 3rd and 4th toes. Symptoms of this condition include sharp pain, burning and even a lack of feeling in the affected area. Morton's Neuroma may also cause numbness, tingling or cramping in the forefoot.

Morton's Neuroma is a foot condition caused from an abnormal function of the foot that leads to bones squeezing a nerve usually between the 3rd and 4th Metatarsal heads, but also the 2nd and 3rd metatarsal heads. Symptoms of Morton's Neuroma often occur during or after you have been placing significant pressure on the forefoot area while walking, standing, jumping or sprinting. This condition can also be caused from footwear with pointed toes and/or high heels, constricting shoes can pinch a nerve between the metatarsal heads causing discomfort and extreme pain.

Treatment of Morton's Neuroma. This involves the use of foot orthoses with appropriate padding to deflect pressure from the forefoot and nerve. Some cases may benefit from a local injection to reduce inflammation. Chronic (long term) or unresponsive cases may require minor surgery to deal with the affected part of the nerve.

