

Put Your *Best Foot* Forward

Foot & Ankle Associates
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Home Care Tips for Morton's Neuroma



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Morton's neuroma is a swollen nerve that results from a pinching at the base of your toes on the bottom of the foot. In most instances, this condition will be found between the third and fourth toes. You will recognize this ailment if you notice an enlargement, similar to a scar, as well as burning, tingling, and numbness in the area.

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How Did I Get it?

This condition happens more often for those who have flat feet or rigid arches, because this is conducive to greater pressure on the nerve. Tight shoes can also be a culprit that leads to Morton's neuroma. Both of these are situations that runners need to be aware of. Flat feet are fairly common—only 25% of the population has normal arches—and it is easy to purchase running shoes that are too snug.

Luckily, there are a few at-home care treatments that can help. A simple **change of footwear** might be all you need. Make sure to find a pair that fits comfortably and are not excessively tight. Other things that may help ease symptoms include anti-inflammatory medication, using ice to massage the impacted area, and just plain taking a break.

Treatments:



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Be sure to check out our new retail store: FootSourceDPM. You can trust the Foot & Ankle Associates, Drs. Marco Vargas and Alicia Johnson, to provide you with the tools necessary for comprehensive foot and ankle health care! Our store provides the materials to get you back on your feet and back on the track to good health!

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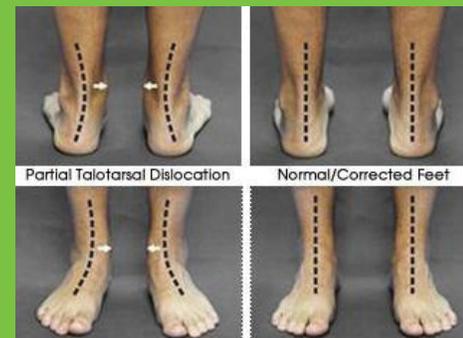
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