



## **Pain in the Ball of Your Foot? Maybe it's a Neuroma!**

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There is not much that is worse than an unhappy foot, (except maybe two unhappy feet.)

Forefoot pain, or pain in the ball of the foot could possibly be from what is called an “intermetatarsal neuroma” or “Morton’s Neuroma.” This thickening of the nerve tissue occurs most commonly at the base of the third and fourth toes.

This can be caused by continuous repetitive impact on the ball of the foot, such as walking in a pair of high heel shoes or stepping down hard in a step class (doing too much of the same activity).

People may be more susceptible to developing a Morton’s neuroma if their second toe is longer than their big toe. In this case the neuroma occurs between the big toe and second toe.

A neuroma can be remedied, but it needs to be caught quickly to prevent the need for surgical intervention. A metatarsal cookie or cushion from a foot specialty store will protect the nerve and help it to calm down. Cutting down the use of narrow or high heeled shoes is necessary for a while to allow the nerve to heal. Your physical therapy clinic can perform treatments such as ultrasound, icing and the use of a steroid patch to help speed the healing process.