

STEINBERG PODIATRY ASSOCIATES P.A.

Neuromas

Neuromas, or pinched nerves, are a common foot problem. When a nerve in the ball of the foot is pinched it often feels like you are stepping on a marble. Common complaints are tingling, numbness, or burning in the toes. It is often aggravated by going barefoot or wearing thin soled shoes. Men=s boat shoes are notorious for this, women=s dress shoes are often thin soled and narrow adding to the pressure. When a nerve is irritated or pinched it becomes inflamed or enlarged. When a nerve has been irritated long enough, it can enlarge to the point that it is painful even without shoes on, or at rest.

Anti-inflammatory medicines or local cortisone injections are used to decrease the inflammation. Local vitamin B12 injections are also used to help shrink the enlarged nerve. Arch supports, or orthotics (custom arch supports) with extra padding behind the pinched nerve are often used to help create more space for the nerve and decrease pressure on it. When these treatments fail the nerve is surgically removed.

Things you can do to help your treatment be more successful:

- 1) Do not go barefoot, even indoors, if you will be walking or standing.
- 2) Cushion work areas, bath, kitchen, or tile floors with padded mats or carpet.
- 3) Wear good supportive shoes. Walking, hiking or tennis shoes are best.
- 4) Add arch cushion inner soles to your shoes.
- 5) Stretch your toes in a downward direction.