

Focus On: Morton Neuroma

Morton neuroma happens when the nerve that runs between the toes gets irritated.

It can swell and get thicker.

This can make it feel like you're walking on a marble.

And you may have a burning, stabbing, or tingling pain.

The nerve swelling may go away with home care.

Your doctor may recommend shoes with a wide toe box and flat heel, or shoe inserts called orthoses.

You can also try ice massage or padded toe inserts to relieve pressure on the nerve.

Over-the-counter pain medicines can help reduce inflammation.

And your doctor may suggest physical therapy.

If your pain doesn't get better with home care or physical therapy, your doctor may recommend a steroid injection or possibly surgery.

To learn more about Morton neuroma, talk to your doctor.