

Mortons Neuroma

Pain in the ball of your foot when walking? Burning or tingling sensation you can't seem to shift? You may have Morton's Neuroma



A neuroma is growth that forms in nerve cells. A Morton's neuroma is a swollen, inflamed nerve located between the bones at the ball of the foot. It can cause numbness or burning most commonly located at or around the base of the big toe. It can be caused by narrow shoes and/or excessive walking.

Physiotherapy can help with this through joint mobilisation, soft tissue work, taping to offload the area and the prescription of orthotics for long term relief.