

# Practice Protocol: Neuroma

**Nature:** Burning, tingling, numbness of toes, sharp pain, feeling that a sock bunched up under toes

**Location:** 2<sup>nd</sup> or 3<sup>rd</sup> interspace

**Onset:** Usually fairly sudden

**Course:** It gets progressively worse if not treated

**Aggravating Factors:** Tight fitting shoes, Walking barefoot on hard surfaces

## Testing:

1. Sullivan's Sign (Toes of the affected interspace spread due to swelling of the nerve)
2. Mulder's Sign (Popping felt and sometimes heard when laterally compressing the metatarsals)
3. X-ray
4. MRI (used to confirm diagnosis before surgery)

## Differential Diagnosis:

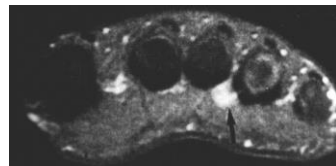
1. Stress fracture of metatarsal
2. Stump Neuroma
3. Capsulitis
4. Plantar Plate Tear



## Our Treatment Options

### Conservative

1. Steroid Injections to the affected interspace
2. Oral NSAIDs/Steroids
3. Wider Shoes
4. Betterform/Custom Orthotics
5. Neuroma Pads
6. Alcohol Sclerosing Injections
7. Strapping



### Surgical

1. Removal of Neuroma
2. Release of Deep Transverse Intermetatarsal Ligament

