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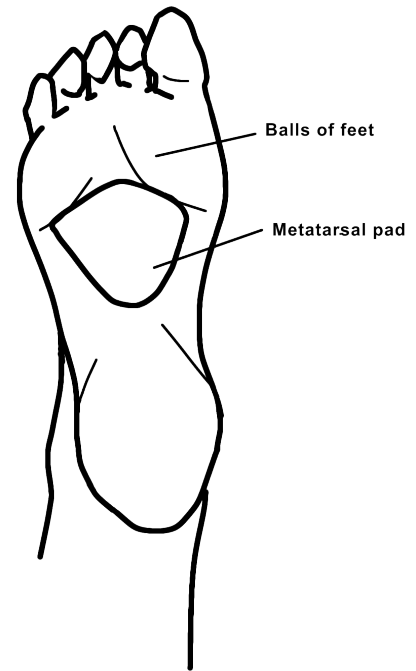
# Morton's Neuroma

## Non-Operative Treatment Modalities

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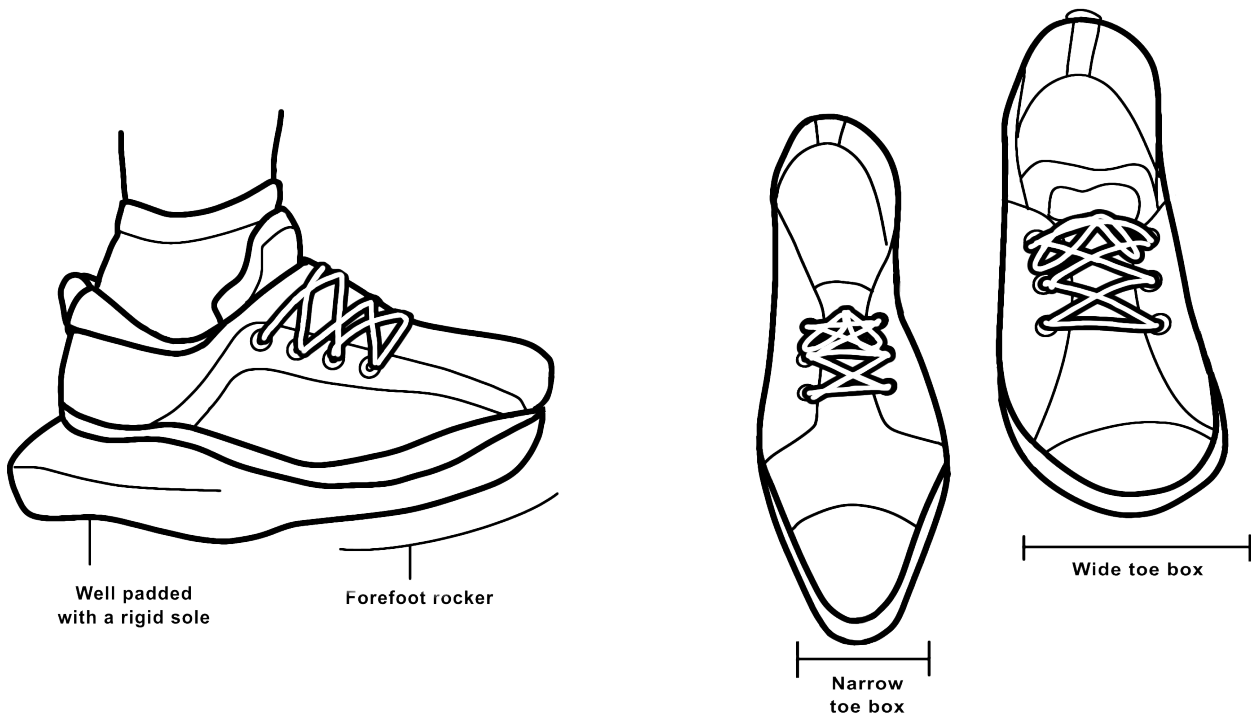
### Metatarsal Pads

Metatarsal pad inserts or orthotics with metatarsal pads should be placed so that the “bump” is just proximal to the balls of the feet to offload the metatarsal heads and splay the metatarsal heads apart. The pads should not be placed directly under the metatarsal heads but a padded shoe may be helpful to decrease pressure directly over the metatarsal heads



### Rigid Soled Shoes with Forefoot Rocker & Wide Toe Box

Shoes should have a rigid sole that does not bend, be well padded, have a forefoot rocker so you can roll off the shoe instead of your foot, and come in wider toe box sizes so that the metatarsals are not being compressed together side to side.



# Gastrocnemius Stretching

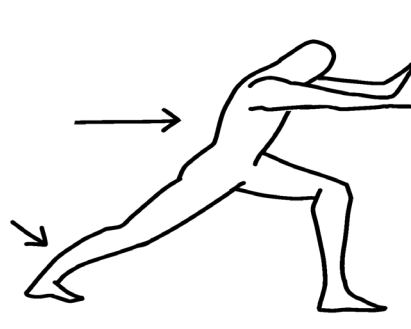
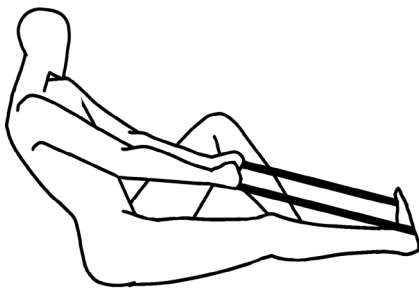
Stretch the calf muscles with the knee extended and the heel centered under the ankle.

## Sitting Towel Stretch

Sit with knee straight and towel wrapped around the foot. Gently pull on the towel until a stretch is felt behind the calf. This should be done passively.

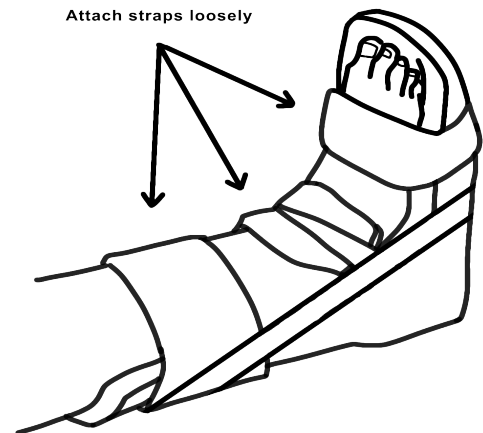
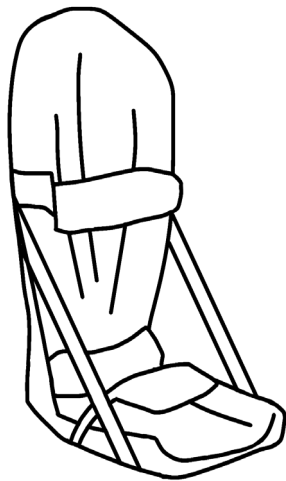
## Standing Calf Stretch

Stand in front of a wall with the non affected leg in front. The knee in front should be bent. On the affected side, have the hip and knee extended. The foot should be flat on the ground with the heel touching the floor. Lean forward until a stretch is felt behind the calf of the back leg.



# Night Splint

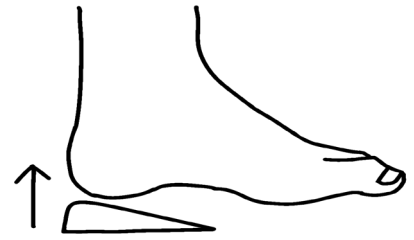
The night splint is an open boot that should be worn at night on the affected side or alternating sides each week if both sides affected. Use with a wedge under the heel if the calves are tight. The straps on either side should be applied loosely. The ankle should be in your ankle's neutral position which could be less than 90deg plantarflexion depending on how tight you are. This should be comfortable and should not feel like the calf is being actively stretched during sleep.



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## Heel Lift

A heel lift can be worn inside the shoes, or shoes with a bit of a heel can be worn. This will help to alleviate stress across the forefoot during activities.



## Cortisone Injection

Cortisone injections in the appropriate inter metatarsal space can decrease the inflammation and improve symptoms.