



# FOOT NOTES

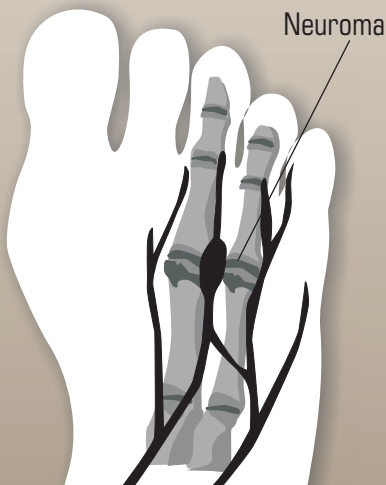
## MORTON'S NEUROMA

### DEFINITION

An abnormal growth of a nerve or benign tumor caused by an irritation of nerve cells. The neuroma is usually found between the 3<sup>rd</sup> and 4<sup>th</sup> metatarsal heads and often causes a burning sensation, numbing or pain; and/or blanching of the 3<sup>rd</sup> and 4<sup>th</sup> digits.

### CAUSE

Usually caused by tight fitting footwear or abnormal bony forefoot alignment.

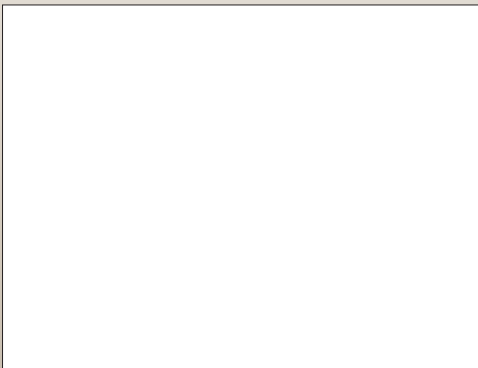




## TREATMENT

After an assessment by your chiropodist/podiatrist, orthotics, footwear advice or cortisone injections may be required. Metatarsal head support can widen the space between the 3rd and 4th metatarsal bones in order to reduce nerve irritation. In a few cases, surgery is necessary to remove the inflamed nerve portion.

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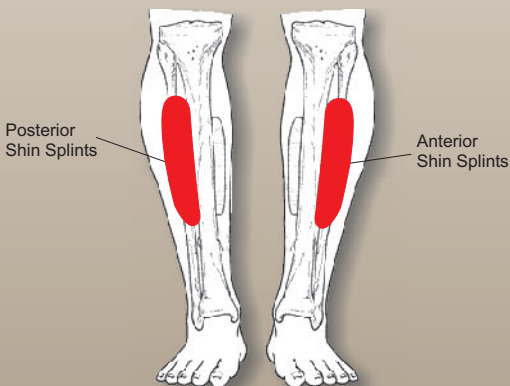
## SHIN SPLINTS

### DEFINITION

Shin splints are a painful inflammation of the periosteum—the dense layer of connective tissue that covers the bones. It may also be called periostitis. The pain occurs along the inside or outside of the shin bone or tibia.

### CAUSE:

There are basically two factors causing shin splints. One is over-use of the muscles, especially in people who have been sedentary and suddenly take up vigorous exercise. The other cause is pronation or inward rolling motion of the foot. Both these causes result in the muscles along the shin bone to be tightened with a resulting irritation and swelling of the periosteum.





## TREATMENT

After an assessment by your chiropodist/podiatrist treatment may include physiotherapy, a home stretching/strengthening program and footwear advice along with custom foot orthotics to optimize or control biomechanical function.

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