

# Neuroma

A neuroma is a painful, swollen nerve or group of nerves on the ball of your foot. This happens when the tissue around a nerve connected to the toes becomes thick and pinches that nerve, causing pain and discomfort.



## What are the signs?

- Pain in the ball of your foot between 2 toes. This can feel like you have a rock in your shoe.
- Tingling and numbness. This may worsen after walking or standing.

## How do shoes affect neuromas?

- Shoes that are too narrow (thin) or pointed can squeeze the bones at the ball of the foot and cause pain.
- High heel shoes add more weight at the ball of the foot and can worsen neuromas.

## What are my treatment options?

### Shoes

- Wear wider shoes that are the right size for your foot.
- A provider can prescribe you orthotics (shoe inserts).

### Over-the-counter medicines

- NSAID medicines (such as aspirin and ibuprofen) can help with pain and swelling. You can buy these in pill form to take by mouth or as a cream to put on your skin.

### Procedures done by a doctor

- Steroid shots to help with swelling.
- Sclerotic shots to damage the nerve so you stop feeling the pain.
- Surgery to remove the nerve that is causing you pain.



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