



Southern Ohio Foot & Ankle Associates

1130 Western Avenue
Chillicothe, OH 45601
740-775-7800



June 2005

Visit our new web site at: <http://www.diabeticfootsolutions.com>

Issue 9

Neuroma Symptoms



Pain in the ball of the foot is the most common symptom of a neuroma, but other symptoms may include:

Burning sensations

Shooting pain toward the toes

Numbness under the toes

Tingling sensations

Swelling and pain between the toes

Sensations similar to "walking on a pebble"

The Morton's Neuroma Story



A neuroma is a benign growth of nerve tissue along the nerve pathway. Foot neuromas occur most commonly between the third and fourth toes, although a neuroma can develop anywhere there is a nerve. Commonly referred to as Morton's Neuroma, they are also called "pinched nerves" and "nerve tumors". Neuromas begin when the outer coating of a nerve thickens. The thickening is a reaction to bones rubbing together or abnormal bone movement.

Common Causes

The most common cause of a neuroma is ill-fitted shoe wear. Tight shoes that squeeze the toes or high heels that shift weight onto the toes contribute to the formation of a neuroma.



Flat feet or feet with high arches are also more susceptible to the formation of neuromas. Trauma may cause damage to the nerve resulting in swelling and inflammation. Additionally, repeated stress to the area from walking or running may also cause a neuroma. Lastly, arthritis may cause tissue inflammation that can lead to a neuroma.

Did You Know?

Neuromas are eight times more common in women than men. This is most likely due to the type of shoe wear

Dr. Boyle and Dr. Graham are accepting new patients. If you suffer from foot pain, you may call our office to schedule an appointment. Remember, foot pain is not normal.



June Footfalls

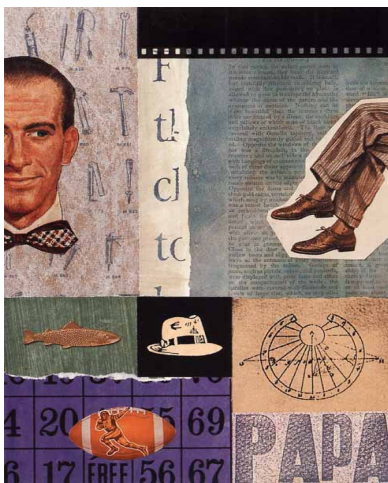


There are many steps you can take to relieve painful neuroma symptoms. The APMA (American Podiatric Medical Association) recommends the following:

- Wear shoes with plenty of room for the toes to move, low heel, and laces or buckles that allow for width adjustment.*
- Wear shoes with thick, shock absorbent soles and proper insoles that are designed to keep excessive pressure off the foot.*
- High heels should be avoided whenever possible because they place undue strain on the forefoot and can contribute to a number of foot problems.*
- Resting the foot and massaging the affected area can temporarily alleviate neuroma pain. Use an ice pack to dull the pain and improve comfort.*
- For simple, undeveloped neuromas, a pair of thick-soled shoes with a wide toe box is often adequate treatment to relieve symptoms, allowing the condition to diminish on its own. For more severe conditions, podiatric medical treatment or surgery may be necessary to remove the tumor.*
- Use over-the-counter shoe pads. These pads can relieve pressure around the affected area*

The History of Fathers' Day

No, Fathers' Day is not a "Hallmark" holiday. It was originally proposed in 1909 by Sonora Dodd. She was the daughter of Civil War veteran William Smart.



He was widowed when his wife died in childbirth with their sixth child. Sonora wanted a special day to honor her father for the strength and selflessness he showed by raising his children as a single parent. The first celebration was June 19th, 1910. June was her father's birth month.

In the year 1924 President Calvin Coolidge supported a national Fathers' Day, and in 1966 President Lyndon Johnson signed an official proclamation declaring the third Sunday in June as Fathers' Day. This year Fathers' Day does fall on June 19th, 2005.

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years.

~Mark Twain, "Old Times on the Mississippi" Atlantic Monthly, 1874