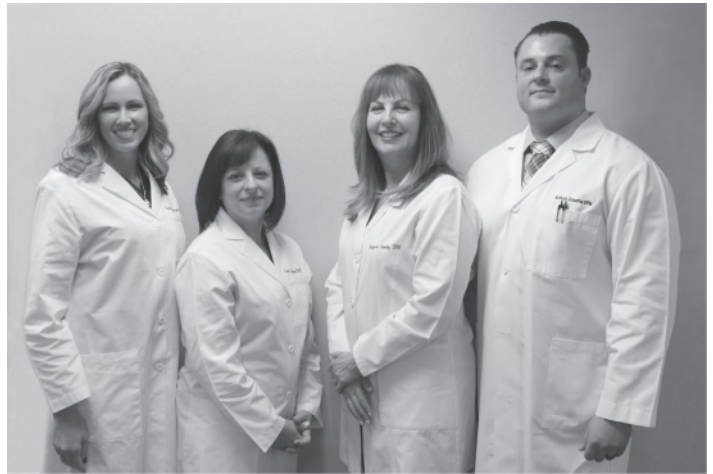


FOOTNOTES

*“Health Care Tips
On The Feet”*

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NEUROMA

A neuroma is an inflammation and enlargement of a nerve between the bones of your foot. It is caused by a pinching of the nerve between the metatarsals, and is most commonly between the third and fourth toes.

As the irritation continues, the nerve gets larger, and may cause numbness, sharp pain, cramping, and burning. The symptoms may occur on the ball of the foot and extend up into the affected toes. Shoes that are too tight will aggravate the condition.

Neuromas may also occur between any of the other toes of the foot or any place on the foot where a nerve may get irritated, either by shoes, between bones, or by stress on the soft tissue.

Conservative methods of treatment may include injections, anti-inflammatories, special padding, and change of shoe gear. If these modalities fail to alleviate the symptoms surgical removal of the painful nerve is recommended.

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