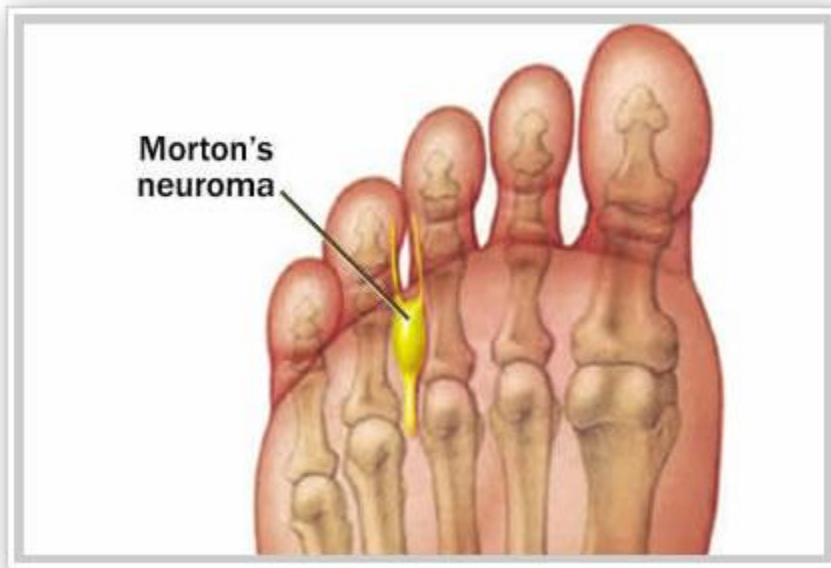


NEUROMAS



Under Pressure

A tingling, burning, numbing sensation in your foot that does not cease, even when you rest, may be indicative of a neuroma. Occurring anywhere a nerve is located in the foot, a neuroma is the swelling of the nerve. In many cases, the neuroma is located under the ball of the foot or on the side of the big toe. If your normal walking pattern is disturbed and your ankles roll in towards each other, your feet are prone to developing a neuroma. Wearing foot pads or orthotics may alleviate the issue. However, if they offer no relief, surgery that culminates in the excising of nerve (or part of it) can provide immense relief.

Hint: Anti-inflammatory, steroid injections can sometimes be used to try and calm a foot neuroma.

Treatment options differ with the severity of each neuroma, and identifying the neuroma early in its development is therefore important. Podiatric medical care should be sought at the first sign of pain or discomfort; if left untreated, neuroma tends to be more challenging to treat. Since any difficulties with your feet can adversely affect your comfort and lifestyle, we invite you to call us for an appointment to maximize your health and well-being. We can promise you comprehensive foot care geared to your personal needs. We provide personalized, friendly, caring and complete foot and ankle care. Specializing in custom-molded orthotics to treat foot and ankle pain. We also offer cold laser therapy for acute and chronic foot and ankle pain.