Neuroma (Mortons neuroma) or interdigital neuritis

Orthotic Considerations for Common Conditions & Pathologies
Neuroma or interdigital neuritis

DESCRIPTION
Irritation of the interdigital nerve
Neuroma or interdigital neuritis

RISK FACTORS

• Footwear compression
• Repetitive loading / overuse / activity type
• Biomechanics and foot type
Neuroma or interdigital neuritis

SYMPTOMS

• Neural symptoms in the forefoot (burning / tingling / shooting pain)
Neuroma or interdigital neuritis

ORTHOTIC CONSIDERATIONS

Aim: Improve forefoot mechanics and decrease nerve irritation

Step 1: Select device from Orthoticks Pro or Orthoticks Poly range (based on footwear type, body weight and activity type)

Step 2: Consider one or more of the following modifications for this condition:
- Metatarsal dome
- Metatarsal bar
DISCLAIMER

• The information and recommendations provided are general in nature and do not replace a thorough history, physical examination and clinical diagnosis.

• The results of treatment directed testing including strapping and padding; and the results of applicable tests can be used to determine if your patient could benefit from orthotic therapy and to guide the design features of your Orthoticks Poly, Orthoticks Pro prefabricated orthotics or DOLA custom orthotics.

• Orthotic therapy can provide part of a treatment plan which may also include pharmacological, physical therapy, footwear changes and activity modification.

• Only the considerations for orthotic therapy will be presented here and does not replace the need for professional assessment.