



FEET FIRST!

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Please enjoy this monthly newsletter, written especially for our patients and those whom you care about. If this month's topic can benefit a friend or family member, please feel free to pass it on so that others can experience the same superior service that you have come to know!

All You Need to Know About Morton's Neuroma



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Morton's Neuroma - it sounds serious enough — but what is it? What causes it? And how is it treated?

A neuroma is an enlarged nerve and Morton's Neuroma is an enlarged nerve located in the interspace between the third and fourth toes. That area of the foot is particularly vulnerable because two nerves combine in that space and become larger in diameter than any of the other nerves going to other toes.

What causes this nerve enlargement? The leading cause seems to be compression on the nerve - compression and irritation. The condition is more common in women and it makes sense because many women wear shoes that force their toes into a very cramped toe space.

Other causes include activities that repeatedly irritate that part of the foot, such as basketball or jogging. We also see Morton's Neuroma in patients who have other foot conditions, including flat feet, bunions, and hammertoes. An accident

or injury to the foot can also cause the neuroma.

The symptoms of Morton's Neuroma include:

- Pain
- A feeling that something is in your shoe, sock or foot
- Tingling or numbness in the toes
- Burning sensation in the ball of the foot

The condition starts out slowly, with intermittent pain. Left untreated, Morton's Neuroma results in permanent nerve damage to the foot. Early diagnosis is always best from a treatment standpoint.



This illustrates the area of the foot affected by Morton's Neuroma

How is this condition treated? It really depends on how advanced the neuroma is and the severity of the symptoms. Non-invasive/non-surgical solutions are always our first

choice. These might include icing the area, wearing shoes that are wider in the toe area, refraining from repetitive sports activities, cortisone or anesthesia injections, custom biomechanical orthotics to reduce pressure on the nerve and medications to reduce inflammation and pain.

If a patient doesn't respond well to the more conservative treatments, surgery may be indicated. There are several different types of surgery, with different approaches, to remedy the condition. Recovery time and the time it takes to be able to put pressure on the foot vary by procedure.

Surgery alone, is not the answer. Patients need to address issues that contributed to the neuroma in the first place and resolve them because the condition, along with all its symptoms can recur.

Please let us know if you have any of the symptoms of Morton's Neuroma, so that we can conduct a thorough examination to arrive at a proper diagnosis.

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*Quote of the
Month...*

***"If you want
children to keep
their feet on the
ground, put some
responsibility
on their
shoulders."***

Abigail Van Buren

About Our Practice

Podiatric Medicine and Surgery is a medical specialty that deals with conditions of the foot and ankle.

Podiatric physicians, who are sometimes called foot doctors or foot and ankle surgeons, treat many conditions of the foot and ankle, including sprains, fractures and other trauma, calluses, plantar warts, bunions, ingrown toe nails, and diabetic foot problems.

The foot and ankle are the foundation of your entire body. Since your entire upper body rests on your feet, it is essential to maintain a proper base of support.

Therefore, it is imperative that you take the necessary steps to insure that the foot and ankle are always in their optimal corrected alignment. Keeping a

"leg up" on any problems or symptoms you may notice helps to insure that you have a more comfortable lifestyle.

Dr. Tomassi is Board Certified by the American Board of Podiatric Orthopaedics & Primary Podiatric Medicine.

He received his podiatric education at the Ohio College of Podiatric Medicine and has been in private practice since completing his post-graduate residency in Youngstown, OH.

Dr. Tomassi has held many positions on professional boards and received numerous distinguished awards.

In addition, Dr. Tomassi is extremely involved in charity activities. He provides Christmas dinners each year to needy area families (since 1988) and provides lower extremity screenings

each year to Special Olympics athletes.

Dr. Dan Olson attended Gannon University (Erie, PA) where he received a bachelor's of science degree. He also received his podiatric education at the Ohio College of Podiatric Medicine in Cleveland.

Dr. Olson is an Associate Member of the American College of Foot and Ankle Surgeons and is board qualified by the American Board of Podiatric Surgery.

He is also a member of the American Podiatric Medical Association and the Pennsylvania Podiatric Medical Association in which he serves as secretary of the Erie/Northwest Division.

At **Baycity Associates in Podiatry**, we are confident that we can help you with any foot or ankle challenge you might have and we look forward to serving you!