

NEUROMAS



DESCRIPTION: A painful swelling of the covering of a nerve bundle, neuromas usually occur when the tissue surrounding a nerve becomes enlarged and thickened, most commonly in the third intermetatarsal space.

SYMPTOMS: Pain, burning, or tingling in the ball of the foot, similar to the sensation of having a rock stuck in the shoe upon weight bearing.

CAUSES: Excessive pronation, poorly fitting shoes, and spending a lot of time barefoot; prolonged standing exacerbates the condition.

SELF-TREATMENT: Obtaining proper support, stretching, strengthening, ice, rest, and a wider, longer shoe can lead to immediate relief. Massaging the foot to reduce tension between the metatarsals and decreasing pressure on the ball of the foot can also help.

PRODUCTS TO RECOMMEND:

INSOLES: Obtaining proper alignment will reduce the pressure on the ball of the foot and distribute weight evenly.

FOOT RUBZ: Massaging the foot can reduce tension between metatarsals, reducing the pressure on the neuroma.

PROPER FOOTWEAR: Footwear that is too short and too narrow increases the pressure on the ball of the foot and can lead to the formation and worsening of neuromas.

METATARSAL PAD: For temporary pain relief, a metatarsal pad can cushion the ball of the foot and dampen perception.

GOOD FORM RUNNING: Properly distributing weight and impact during running and walking can reduce inflammation and pain associated with neuromas. Sign up for our free clinic and learn how to run more efficiently and avoid injury.



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