



Everything You Should Know About
NEUROMAS



by **Dr. Sherry Lu**

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Introductory Letter

from Dr. Sherry Lu

Dear Friend,

If you are suffering from foot or ankle pain, then you already know how even the slightest discomfort can affect your day-to-day life. At Charlotte Foot Care Associates, we believe that no one should have to struggle through their day dealing with pain, numbness, or tingling in their feet or ankles. We also believe that with the proper care, these issues can be resolved, and you can get back to enjoying your life pain-free.

My team and I have helped over 10,000 patients find relief from foot and ankle pain since 2015, and we're confident we can help you, too! As you read this report, you will learn necessary information about neuromas, a common foot disorder. You will learn the signs and symptoms to look for, the diagnostic and treatment options available to you at Charlotte Foot Care Associates, and recommended prevention methods.

If you find yourself with any unanswered questions by the end of this report, feel free to contact our friendly team - we will be more than happy to answer all your questions. If you have already seen another podiatrist about your foot or ankle pain, I also invite you to contact me for a second opinion before you make a decision regarding treatment – your health and happiness are our main concern at Charlotte Foot Care Associates!

To your happy, healthy feet,

Dr. Sherry Lu, DPM

P.S. When you are ready to learn more about neuromas and the available treatment options for yourself or a loved one, call us at 704.834.1639 and request your Charlotte Foot Care Associates New Patient Exam



What Are Neuromas?

A painful condition, a neuroma is a swollen, inflamed nerve in the foot. Also referred to as a pinched nerve or a nerve tumor, neuromas typically grow between the third and fourth toes, and can manifest in a burning sensation, tingling, or numbness between the toes and in the ball of the foot.

More common in women, neuromas can be caused by many factors, including:

- Unstable toe joints caused by flat feet or high arches
- Repeated stress from sports, exercise, or job-related activities
- Trauma or injury
- Wearing ill-fitting or unsupportive shoes, such as high heels



How Do I Know if I Have a Neuroma?

In order to determine if your foot pain or numbness is attributed to a neuroma, you must seek help from a podiatrist who will run the proper test for diagnosis. These tests could include any of the following, depending on the severity of your symptoms:

- **X-rays** - To get a better look at your foot and to rule out other potential causes of your foot pain, your podiatrist will likely order preliminary x-rays.
- **Ultrasound** - This diagnostic test will give your podiatrist a closer visual of the soft tissues in your foot, so they can confirm that the abnormality is a neuroma.
- **Magnetic resonance imaging (MRI)** – MRI uses radio waves and a strong magnetic field to give your doctor an in-depth look at the soft tissues in your foot.



What Are the Treatment Options for Neuromas?

Since a developed neuroma will not go away on its own, it's important to seek help from a podiatrist. Many podiatrists will begin with a conservative approach to treatment, such as suggesting a change in foot wear. Often times, pain and numbness will dissipate by wearing wider shoes or skipping the high heels. Arch supports and custom orthotics also provide necessary relief for many patients.

If conservative treatments aren't effective, your podiatrist might suggest:

- **Corticosteroid Injections** – A local anesthetic pain medication is injected into the site, providing quick, but temporary relief.
- **Radiofrequency ablation** - A minimally-invasive outpatient procedure that uses an electrical current to generate heat to destroy the nerve tissue and alleviate pain.
- **Decompression surgery** - Some cases can be resolved by cutting the ligament that binds the bones in the front of the foot together, thus relieving the pressure and easing the pain.
- **Removal of the nerve** – In particularly severe situations, surgical removal of the nerve may be necessary. This procedure comes with certain risks, so it's important that you discuss all your options with you podiatrist prior to making a decision.



How Do I Prevent Neuromas?

There are several things you can do to prevent neuromas from forming. For starters, always make sure you're wearing shoes that fit properly and offer adequate support. Your shoes should have padding in the ball of the foot and not fit tightly around your toes. If you have high arches, you may find it helpful to use an orthotic insert to maintain proper weight distribution. When not wearing shoes, stretch your toes and try exercises to strengthen your toe muscles.



Don't Live Your Life in Pain

- Contact Us for an Evaluation

Dear Friend,

I hope you have found this report informative! At this time, I would like to invite you to contact my office with any remaining questions you may have about neuromas, signs and symptoms, and available treatment methods. Our friendly, experienced team is here for you!

Also, when you feel ready to take the next step, call Charlotte Foot Care Associates to schedule your new patient exam. Your consultation with Dr. Lu includes a complete physical exam of all podiatry systems such as muscle strength, joints, foot structure, range of motion, arterial and vein systems, wound or rash assessment, and a comprehensive skin analysis. We will take the time to educate you on your options and answer any questions you may have – your happiness and comfort are our top priorities!

Don't live your life struggling with foot or ankle pain - our team is ready to join you on your exciting journey to a pain-free life. Call us at 704.834.1639 today!

To your happy, healthy feet,

Dr. Sherry Lu, DPM

P.S. When you are ready to learn more about neuromas and the available treatment options for yourself or a loved one, call us at 704.834.1639 and request your Comprehensive New Patient Exam.





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