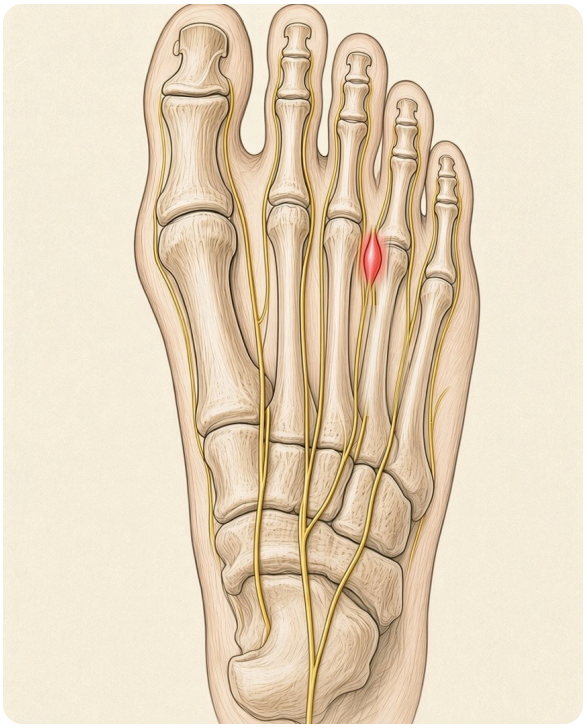
ARMIN PHYSIO



PATIENT GUIDE

Morton’s Neuroma

Burning pain in the ball of your foot? It could be **Morton’s neuroma.**

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What is Morton’s neuroma?

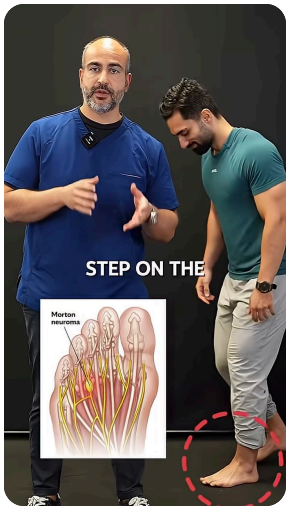
Morton’s neuroma is irritation and thickening of the tissue around a nerve in the forefoot, most commonly between the 3rd and 4th toes. It can cause burning or sharp pain in the ball of the foot, tingling or numbness into the toes, or a feeling like you’re stepping on a pebble. Proper footwear, reducing pressure on the forefoot and the right rehab program can help reduce symptoms.

QUICK CHECK

Does this sound like you?

- ☐ **Burning pain or tingling** when you step on the ball of the foot
- ☐ Pain in this region **when your foot is squeezed**
- ☐ **Tingling or numbness** into the toes
- ☐ Feels like you’re **walking on a pebble**
- ☐ Worse in **tight shoes** or with activity

If you ticked a few boxes, Morton’s neuroma could be the cause. Try the 5 exercises on the next pages.



Burning or tingling when you step



Pain when the foot is squeezed

YOUR 5 EXERCISES

Try these exercises

1 Towel curl

Strengthens the small foot muscles that lift your arch





1. **Place the towel on the ground.**
2. **Place your feet on top of the towel.**
3. **Curl the towel up**, increasing that medial arch.
4. Relax and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Toes-up ankle mobilization

Mobilizes the ankle on the foot





1. **Have your feet flat on the ground** like so.
2. **Place your toes** on something and **keep them elevated** (Armin uses a small roller).
3. **Bring that knee forward** just like so, mobilizing the ankle on the foot.
4. Come back and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Toes-up heel raise

Mobilizes the foot and strengthens the calf





1. **Place your toes on something that will elevate them.**
2. From here, **do a heel raise**, coming up.
3. This mobilizes the foot.
4. Lower down slowly and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

4 Ball–squeeze heel raise

Works your tibialis posterior, a key muscle that supports your arch





1. **Place the ball between the ankles.**
2. **Squeeze the ball in together.**
3. **Try to lift up**, preferably going on the **outsides of the feet**.
4. This will work your **tibialis posterior muscle**. Lower slowly and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

5 Massage ball foot roll

Increases mobility in the foot bones and improves circulation





1. **Grab a massage ball** like so and place it on the ground.
2. **Place your foot on the ball.**
3. **Gently roll back and forth.** Don’t put too much pressure. **Don’t go to pain.**
4. This will help increase mobility in the foot bones and improve circulation.

Roll for **about 1 minute** per foot, light pressure

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 15 MINUTES

Put it together

01	02	03	04	05
Strengthen	**Mobilize**	**Mobilize**	**Strengthen**	**Mobilize**
Towel curl, 3 × 10–15	Toes-up ankle mobilization, 3 × 10–15	Toes-up heel raise, 3 × 10–15	Ball-squeeze heel raise, 3 × 10–15	Massage ball roll, about 1 min

3 sets of 10–15, slow and controlled, is from Armin's video description. The rolling time and doing it once a day are suggestions. Wide, roomy shoes help take pressure off the forefoot. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp, stabbing pain in the foot or heel
- Pain above about 4/10, or pain that keeps building as you go
- **Tingling or numbness** that gets worse during the exercise
- Pain that's **worse the next morning**

If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the foot** or take 4 steps after a fall or injury
- Pain or tenderness **right on a bone** after an injury
- A **hot, red, swollen** foot, especially with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness**, tingling or weakness that's spreading or getting worse
- A foot wound, colour change or numbness if you have **diabetes**

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen foot with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your foot isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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