

Metatarsalgia / Morton's Neuroma

Eligibility

- Pain in the forefoot
- Pain in the toes worsened by closed/ tight shoes-> Morton's neuroma.
- Pain under the metatarsal heads (ball of foot), feels like a stone, worse when barefoot-> Metatarsalgia
- Can be bilateral
- May have callosity under foot
- May be associated with hallux valgus, hallux rigidus

Differential Diagnosis

- Metatarsalgia
- Morton's neuroma
- Plantar wart
- Diabetes neuropathy

Information Required for Referral

- Detail history of the pain
- Site- Pain/ pins and needles in the toes-> Morton's neuroma
 Pain under metatarsals -> Metatarsalgia
- Type- Pins and needles -> Morton's neuroma
 Stone like feeling in the sole-> Metatarsalgia
- Aggravating factors – Tight shoes-> Morton's neuroma
 Barefoot / heels -> Metatarsalgia
- Associated medical conditions (Diabetes)
- Any treatment used

Investigations Required for Referral

- Weight bearing foot x rays.
- Ultrasonography for Morton's neuroma is inaccurate (many false positives)

Fax Referral to:

Repatriation General Hospital

Fax:(08) 8374 2591

Red Flags

-  Continuous pain despite the non-operative management.

Suggested GP Management

- Appropriate footwear
- Orthotics – arch supports
- Analgesics and Anti inflammatory medicines

Clinical Resources

Thomson CE, Gibson JN, Martin D. Interventions for the treatment of Morton's neuroma. Cochrane Database Systematic Review 2004;(3) CD003118. Published on line 19 June 2004

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

Version	Date from	Date to	Amendment
1.0	July 2014	July 2016	Original