

Fact sheet

# Central Adelaide Foot & Ankle Clinics

## Orthopaedic Services

### Clinical Information Sheet

Clinical Condition	Metatarsalgia / Morton's neuroma
Eligibility	<ul style="list-style-type: none"><li>• Pain in the forefoot</li><li>• Pain in the toes worsened by closed/ tight shoes-&gt; Morton's neuroma.</li><li>• Pain under the metatarsal heads ( ball of foot ) , feels like a stone, worse when barefoot-&gt; Metatarsalgia</li><li>• Can be bilateral</li><li>• May have callosity under foot</li><li>• May be associated with hallux valgus , hallux rigidus</li></ul>
Priority	<b>Non-urgent</b> <ul style="list-style-type: none"><li>• Referral should be faxed to 08 8222 2751 (Royal Adelaide Hospital) or 08 8222 7244 (The Queen Elizabeth Hospital)</li><li>•</li></ul>
Differential Diagnosis	<ol style="list-style-type: none"><li>1. Metatarsalgia</li><li>2. Morton's neuroma</li><li>3. Plantar wart</li><li>4. Diabetes neuropathy</li></ol>
Information required with referral	<ul style="list-style-type: none"><li>• Detail history of the pain</li><li>• Site- Pain/ pins and needles in the toes-&gt; Morton's neuroma</li><li>• Pain under metatarsals -&gt; Metatarsalgia</li><li>• Type- Pins and needles -&gt; Morton's neuroma</li><li>• Stone like feeling in the sole-&gt; Metatarsalgia</li><li>• Aggravating factors – Tight shoes-&gt; Morton's neuroma</li><li>• Barefoot / heels -&gt; Metatarsalgia</li><li>• Associated medical conditions ( Diabetes)</li><li>• Any treatment used</li></ul>
Investigation required for diagnosis	<ul style="list-style-type: none"><li>• Weight bearing foot x rays</li><li>• Ultrasonography for Morton's neuroma is inaccurate (many false positives)</li></ul>



Pre-Referral management strategies	<ol style="list-style-type: none"> <li>1. Appropriate footwear</li> <li>2. Orthotics – arch supports</li> <li>3. Analgesics and Anti-inflammatory medicines</li> </ol>
Discharge Criteria/ Information	<p>Improving symptoms with non-operative management</p> <p><b>Red flags:</b> Continuous pain despite the non-operative management</p>

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### For more information

#### Foot & Ankle Clinics

Royal Adelaide Hospital, North Terrace Adelaide, Telephone: 08 8222 4000

The Queen Elizabeth Hospital, 28 Woodville Road, WOODVILLE Telephone: 08 8222 6000 [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

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