

# FRANCE-SHELTON FOOT HEALTH CENTRE

## Treatment for Nerve Pain

### Initial Conservative Treatment

For nerve pain associated with a neuroma or neuritis in the ball of the foot, a highly specialized strapping and padding can be placed on the foot during your first visit. This can reduce the direct weight-bearing pressure to the area of the inflamed/enlarged nerve. Short-term relief is often provided by this alone or in combination with other measures to reduce the inflammation of the nerve (such as ultrasound or oral anti-inflammatory medications).

### Cortisone injections

If the pain and inflammation is not significantly improved by the strapping and padding (with or without ultrasound and/or oral anti-inflammatory medication), it may be necessary to have one or more cortisone injections into the area of the inflamed nerve. This is most comfortably approached from the top of the foot, rather than from the bottom (which causes far more discomfort than injecting from the top).

### Long-term Treatment

If you experience a significant amount of relief from the initial strapping and padding (with or without oral anti-inflammatory medication or cortisone injections), this may be repeated. To learn more about a biomechanical assessment, [click here](#). Once the acute inflammation is brought under control, the best long-term treatment involves wearing custom-made orthotic shoe inserts. You can anticipate that these will provide you with at least as much relief as the strapping and padding did—without the inconvenience of having something strapped to your foot. To learn more about custom-made orthotics, [click here](#).

Custom-made orthotics must be based on a complete biomechanical assessment with a thorough gait analysis (we use digital video gait analysis). Then, a plaster of Paris cast impression of your feet (held in their neutral functional position) is taken and sent to a laboratory that specializes in fabricating custom-made orthotic devices.

### Surgery

If the nerve pain persists after all of the above conservative measures have been attempted, then surgical excision of the neuroma(s) may be recommended. Keep in mind that there are risks and potential complications associated with any type of surgery. Therefore, we don't advise surgery unless all of the above treatment approaches have been tried first. Our experience has been that only a small percentage of patients actually require surgery for a neuroma.

*Make an appointment to get the treatment you need - Call 0121 384 3244*

***Your foot comfort is our business...our only business!***

1st & 2nd Floors, 390 Birmingham Road, Sutton Coldfield, West Midlands B72 1YJ

Copyright © 2006 France-Shelton Foot Health Centre. All rights reserved.