

It Feels Like I'm Standing on a Pebble

Understanding Morton's Neuroma

What Is Causing Ball-of-Foot Nerve Pain?

A neuroma is a thickening of tissue around a nerve, most commonly occurring between the bones at the ball of the foot, between the third and fourth toes. It develops from repeated irritation or compression of the nerve in that space.

What Does It Feel Like?

- Burning, tingling, or numbness in the ball of the foot that can radiate into the toes
- A sensation of “a pebble in my shoe” or a bunched-up sock
- Sharp pain with weight-bearing, especially in narrow shoes
- Relief when removing shoes and rubbing the foot

What Causes It?

- Tight, narrow, or high-heeled footwear
- High-impact activities like running or court sports
- Abnormal foot mechanics, including flat feet or high arches
- Repetitive pressure on the forefoot

What Makes It Worse?

- Wearing narrow or high-heeled shoes
- Running or jumping activities
- Standing for long periods on hard surfaces

When Should I Be Concerned?

- Sudden loss of sensation in the toes
- Signs of infection
- Symptoms that don't improve despite several weeks of shoe changes and conservative care

The Good News

Most cases improve significantly with conservative care — wider, more supportive footwear, metatarsal pads, and physical therapy addressing foot mechanics — often without ever needing surgery.

Many patients notice improvement within **4 to 8 weeks** of consistent conservative management.

This information is for general educational purposes only and is not a substitute for a professional evaluation. Call us today — we have immediate openings with no waitlist.

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