

What is it?

A tumour growing from a nerve, affecting the plantar nerve running underneath the foot. Pain, burning or loss of sensation may be experienced, particularly when the nerve is pinched during pressure/movement through the bones.

What causes it?

Repetitive and/or excessive stresses/injury to the ball of the foot or third or fourth toe eg running, walking and jumping. Pronation. Ill-fitting footwear.

Symptoms

Pain, burning sensation, numbness, tingling and cramping.

Top Tips

Rest and ice as soon as possible. Identify the cause and don't just treat the symptoms.

How to Treat it

Rest or change in activity. Anti-inflammatories. Painkillers. Ice.



Rehab

Gradual resumption of activity. Minimise impact to foot. Wear well-fitting shoes with correct width. Additional padding to absorb impact may be necessary.

Definitions

Tumour – abnormal growth of cells. Can be benign (non-cancerous, doesn't spread) or malignant (cancerous, spreads to different parts of the body)

Plantar Nerves – nerves which run along the sole of the feet

Pronation - weight is distributed more on the inside of your foot. Flat-footed/collapsed foot arch.

Associated Conditions

- Sesamoiditis
- Claw Foot (Pes Cavus)
- Plantar Fasciitis
- Heel Spur
- Extensor and Flexor Tendinitis
- Retrocalcaneal Bursitis

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