# Neuroma

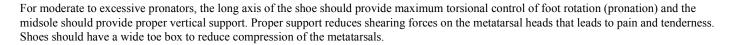
## **Complaints**

- Tenderness and pain between the metatarsal heads
- Increased pain with walking and running activities

### **Possible Causes**

- Pronation may increase symptoms
- Shoes with tight fitting toe box and insufficient torsional support in midsole

### **Shoe Profile**



#### **Orthotics**

Neutral (mild pronators) – Over-the-counter orthotics with appropriately placed metatarsal support Moderate to excessive prontators – Custom orthotics

