



PBO

GROUP

PROSTHETICS
BRACING
ORTHOTICS

**ORTHOTICS
PATIENT HANDBOOK**

INTRODUCTION



PATIENT CARE



CONDITIONS

CONDITIONS

MORTON'S NEUROMA

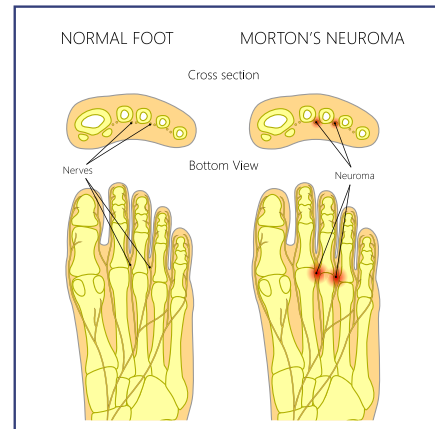
WHAT IS A NEUROMA?

A Neuroma is a painful condition that is also referred to as a pinched nerve or nerve tumour. The most common neuroma in the foot is a Morton's Neuroma, which affects the front half of the foot, most often between the third and fourth toes.

WHAT ARE THE SYMPTOMS OF A NEUROMA?

When the tissue around a nerve thickens, the following symptoms can occur:

- Sharp burning in the foot
- Tingling or numbness in the toes
- A feeling as if you are standing on a pebble



WHAT CAUSES A NEUROMA?

There are several factors that can contribute to a Neuroma, including:

- Wearing tight, poor-fitting or high heeled shoes
- Repetitive trauma, injury and overuse to the ball of the foot
- Foot deformities
- Poor foot biomechanics

WHAT ARE THE TREATMENT OPTIONS FOR NEUROMAS?

- Change of footwear
- Custom foot orthotics
- Rest
- Anti-inflammatory medication
- Cortisone injections
- Surgery



FUNDING



WEAR & CARE

ORTHOTICS

New orthotics should be broken in gradually to limit joint and muscle discomfort and increase the success of your orthotics.

FOLLOW THESE TIPS FOR A BETTER BREAK-IN EXPERIENCE:

- Begin wearing your orthotics for one hour the first day.
- Continue to increase each break-in period by one hour per day (as tolerated) until you can consistently wear them for an entire day.
- Minor problems can be addressed at your recheck appointment, but if you experience significant pain or blistering, STOP wearing them and contact us for an appointment.
- Wear your orthotics with clean, dry socks and shoes or sandals that fit properly and are designed for orthotics.
- Socks and shoes should be in good condition and appropriate to any medical condition.

TAKE PROPER CARE OF YOUR ORTHOTICS BY:

- Removing them from shoes daily to dry
- Removing grit and sand from shoes
- Periodically hand washing them with mild soap and water and allowing them to air dry

Book an annual check-up appointment to ensure your orthotics continue to offer a great fit.