

Shoes for Morton's Neuroma

What are the best shoes for Morton's neuroma?

The London Podiatry Centre specialises in the management of Morton's neuroma and is one of the very few centres in the world to offer cryosurgery, ablative radiofrequency and a range of open procedures. The latter is now much less frequently required at The London Podiatry Centre as cryosurgery has revolutionised the management of Morton's neuroma and avoided many of the pitfalls and possible complications associated with more extensive surgery. However, the ideal treatment for Morton's neuroma is conservative, and this should always be attempted before any form of invasive treatment is considered.

Over the 30 years that The London Podiatry Centre has been treating Morton's neuroma, it has become clear that certain types of shoes can help the condition. The London Podiatry Centre has a highly advanced gait facility, which uses multi-segmental three-dimensional modelling of the foot and lower limb. Therefore, shoes can be assessed in extreme detail to determine their biomechanical efficiency. When this is combined with subjective feedback from patients, it becomes clear that a range of shoes benefit the condition.

The London Podiatry Centre has assessed the following shoes which are often helpful for those who suffer from Morton's neuroma symptoms:

Vionic Sandals

Vionic offer a range of closed-in shoes and sandals, which can be helpful for the management of Morton's neuroma. Patients typically find sandals more comfortable for the condition, which is why many of The London Podiatry Centre's patients who wear sandals, suffer far less significantly in the summer months when they can wear such footwear.

For those with tightness in their calf muscles, a completely flat sandal/flip-flop is contraindicated and can worsen the condition. Sandals with at least a 1cm heel should be worn. The forefoot of the shoe should be significantly cushioned or designed so there is little to no lateral compression. Some Vionic sandals are better than others for Morton's neuroma, and specifically, The London Podiatry Centre recommends the Restore All Gender Recovery Sandal. More information can be found [here](#).

FitFlop Sandals

Sandals from FitFlop have proven highly beneficial for many of The London Podiatry Centre's patients with Morton's neuroma. This is sometimes true to such an extent that patients only suffer the condition in the winter months when they are unable to wear this type of footwear. Not all patients can tolerate a separator between the 1st and 2nd toes, and FitFlop also produce sandals which cover the forefoot to cater for these individuals. The ideal type is something like the Lu Lu/Freeway, which has a deep cushioned platform with a heel height of 1.5-2cm.



Lu Lu



Lu Lu



Freeway

Features:

- *High-rebound cushioning sole*
- *Contoured footbeds provide arch support and diffuses pressure*
- *Ideal for wearing indoors*

Memory Foam Shoes by Skechers

The London Podiatry Centre received a lot of feedback from patients that this shoe can be helpful for the management of Morton's neuroma. However, this is somewhat dependent on the specific style of the Skechers shoe, with one feature being the presence of a memory foam insole. This means that the nerve receives less pressure and, therefore less readily pressed against the intermetatarsal ligament which normally causes the condition of Morton's neuroma. It is essential that the shoe has sufficient width, as any narrow-fitting shoe will not be comfortable. The shoe is not as stable as some specific anti-pronation shoes, so for patients with flat pronated feet, The London Podiatry would recommend a different model.



Features:

- *Memory foam soles provide cushioning for the foot*
- *They are breathable and flexible*
- *Removable insoles and ultralight*
- *Available in a range of colours and sizes*

YDA Shoes

This is a shoe which is particularly suited for patients with forefoot deformities and those who have a particularly wide foot type. The shoe has plenty of space and offers good stability and support. It does not have a memory foam insole but because it is so deep, The London Podiatry Centre's laboratory will manufacture such an insole.



Features:

- *Strong fibreglass support in the insole to give extra support and stability*
- *Elastic with a seam free layer to aid in prevention of ulceration for diabetics*
- *Springboard system to ensure less friction when worn*
- *Support at the back of the trainer for added stability for the ankle*
- *Removable insoles and ultralight*
- *Available in a range of colours and sizes*

Rocker Sole Shoes

For patients with arthritis and stiffness of the great toe and forefoot, Morton's neuroma is often more apparent. These patients preferably require a rocker so that the toes do not bend as much, therefore reducing pressure on the forefoot. Ideally, a rocker shoe should be rigid along the forefoot so that the shoe rolls rather than bends. Such types of rocker shoes are actually few and far between. Many shoes have a turn up at the front, making them appear like a rocker, but they bend and flex easily, thus negating much of the benefit. There are currently two shoes that The London Podiatry Centre tend to recommend. The first is the ASICS Metaride which has an excellent rocker but, unfortunately, does have a low heel height, which can cause issues with patients with tight calf muscles. The shoe has now been discontinued and an identical replacement produced by ASICS cannot be found. However, at the time of writing this article, they are still available from some retailers and can also be found on-line.



Features:

- *Very stiff curving rocker sole*
- *Well-cushioned*
- *Ideal for runners with medium to narrow feet*

The other rocker sole shoe is the MBT brand, although they often have a negative heel, which again can cause issues with patients with tight calf muscles. The London Podiatry Centre is currently assessing the MBT Z3000 which has a number of desirable features and could help Morton's neuroma.



Features:

- *Rocker technology that creates a smooth heel-to-toe transition*
- *Ideal for runners*

ASICS Kayano 29

ASICS produce a range of excellent shoes, one being the ASICS Kayano 29, a flagship model which is available in different widths and offers excellent shock absorption. The London Podiatry Centre often recommends this trainer for patients who require good pronation control (abnormal pronation means excessive collapse of the arch ankle at a time when the foot should be more stable). This trainer has a removable innersole which can be replaced with a memory insole produced at The London Podiatry Centre.



New Balance 860V

This trainer comes in different widths, making it particularly suitable for over pronators with wide feet. It offers excellent stability.



ALTRA Paradigm

ALTRA shoes have a zero-heel inclination which means they are entirely flat. However, they are very wide in the forefoot, which can often help neuroma sufferers. Unfortunately, any patient with tight calf muscles might struggle with the shoe, although this can sometimes be dealt with by raising the heels slightly through an orthotic. The ALTRA Paradigm offers more stability and support than other ALTRA shoes and is, therefore, better for those patients who excessively pronate. Morton's neuroma often occurs in excessive pronators, and this is one reason why The London Podiatry Centre often recommends this particular ALTRA model.



Vibram Shoes

Some patients find this footwear useful, although they do not suit everybody. This is partly because of the somewhat unusual shape of the shoe, with individual pockets for each toe. Nevertheless, for those with a neutral foot type with good stability, the shoe has proven helpful in select patients.



HOKA Shoes

HOKA shoes have a particularly thick sole which can offer additional cushioning and protection. They are often helpful in patients who have Morton's neuroma. They do come in different widths and some offer additional support. For those with slightly flat feet, a common finding in Morton's neuroma, The London Podiatry tend to recommend the following shoe:



HOKA Stinson

Specialist Socks

Some patients find it helpful to have individual pockets. This reduces compression on the toes.



TOETOE® Socks - Anti-Slip Serene Ankle Toe Socks Lilac