



Symptoms at first consultation on 03 01 2024

- Severe pain, burning, tingling, electric shocks, painful cold, numbness, itching and unbearable touching of the toes.
- The VAS (visual analogue scale) was 4 to 10/10.

Sleep was impossible unless the foot was exposed.

The foot was discoloured – red, mottled, purple, and warm to the touch.

The surgical wounds were thickened, red, inflamed, and painful.

She did have full ankle, foot, and toe movements.

The patient initially suffered from bilateral Morton's neuromas, which are benign growths of nerve tissue typically between the third and fourth toes that can cause significant pain, burning sensations, and swelling in the feet. The patient had been experiencing severe symptoms for the past 3 years, to the extent that she had difficulty walking, which ultimately led to her undergoing bilateral Morton's neuroma excision surgery on 13 November 2023.

Following the surgery, the patient continued to experience severe pain and swelling under her feet, and conventional treatments such as physiotherapy and acupuncture seemed to worsen her symptoms. Subsequently, she sought non-interventional pain management, which proved to be effective in alleviating her pain. After receiving nine treatments, the patient reported a significant reduction in pain, with complete pain relief achieved after the third treatment. Although some pain returned after a period, subsequent treatments helped to alleviate the pain further until it receded entirely.

As a result of the pain management treatments, the patient experienced marked improvements in her ability to walk, reduced swelling in the balls of her feet, and regained the capacity to engage in activities such as walking barefoot, participating in Pilates, and resuming her normal activities. These improvements have led to a significant enhancement in her quality of life, with her functionality and mobility returning to normal levels.

This case highlights the importance of personalized and comprehensive pain management strategies in treating chronic conditions such as Morton's neuromas and their associated symptoms. The successful outcome in this patient's case underscores the effectiveness of non-interventional pain management in addressing chronic pain and improving patients' quality of life.