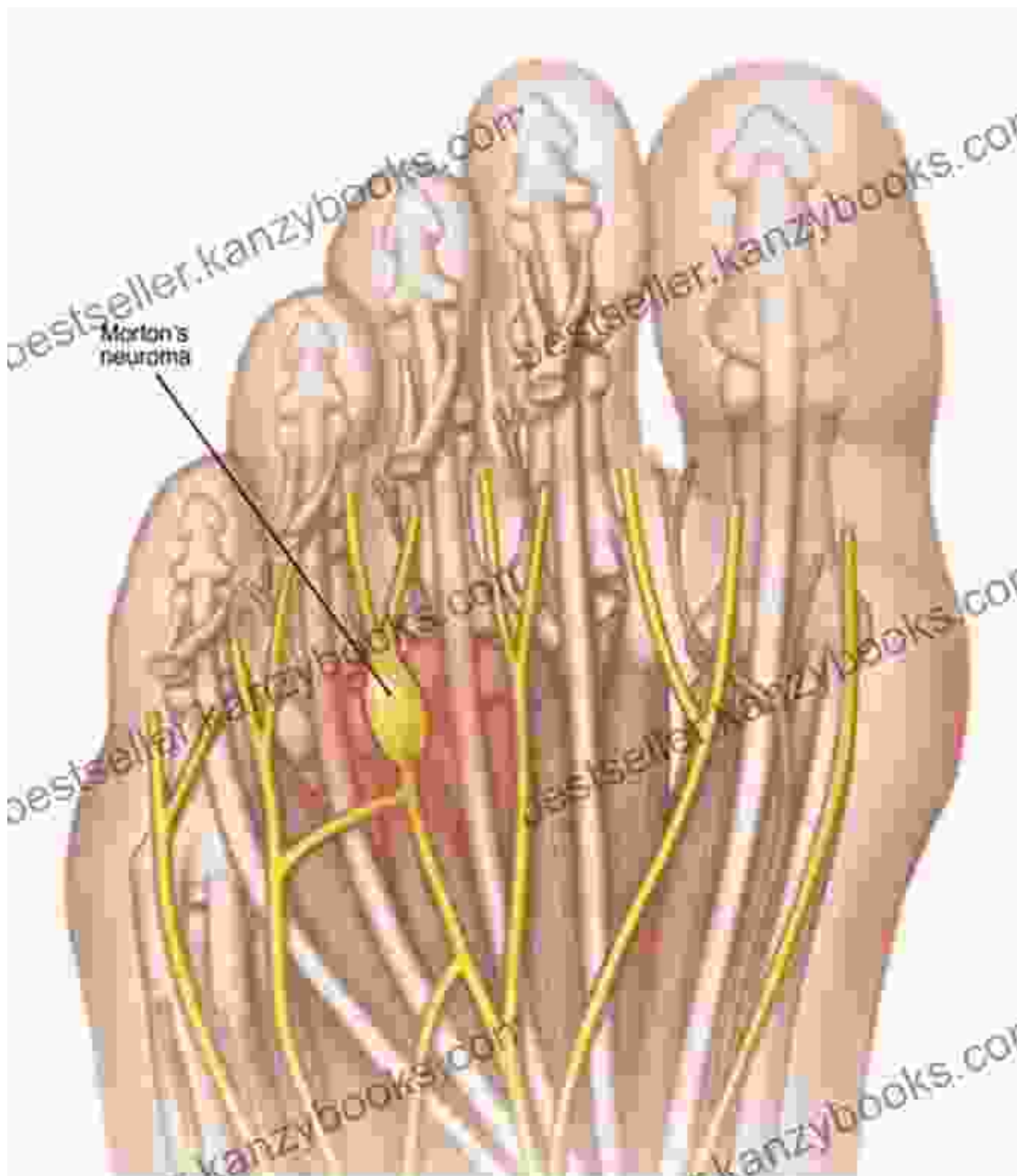


Morton's Neuroma: From Podiatrist to Patient I My Personal Journey



Morton's Neuroma: Podiatrist Turned Patient: My Own Journey by Cristian Andrei Andriesei

★★★★☆ 4 out of 5

Language : English



File size	: 8858 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 150 pages
Lending	: Enabled



As a podiatrist, I've treated hundreds of patients with Morton's neuroma. But it wasn't until I developed the condition myself that I truly understood the pain and frustration it can cause.

In this book, I share my personal journey with Morton's neuroma, from diagnosis to treatment and beyond. I offer practical advice, emotional support, and hope for those struggling with this painful condition.

What is Morton's Neuroma?

Morton's neuroma is a thickening of the tissue around one of the nerves in the ball of your foot. It can cause a variety of symptoms, including:

- Numbness or tingling
- Burning or shooting pain
- Sensation of a lump or pebble in your shoe
- Pain that worsens with activity

Morton's neuroma is often caused by wearing high heels or shoes that are too tight. It can also be caused by activities that put pressure on the ball of

your foot, such as running or dancing.

Diagnosis and Treatment

Morton's neuroma is typically diagnosed based on a physical examination and your symptoms. Your doctor may also Free Download an X-ray or MRI to confirm the diagnosis.

There are a variety of treatment options for Morton's neuroma, including:

- Conservative treatments, such as orthotics, shoe inserts, and activity modification
- Injections of corticosteroids
- Surgery

The best treatment option for you will depend on the severity of your symptoms and your individual circumstances.

My Personal Journey

I was diagnosed with Morton's neuroma in 2016. At first, I tried conservative treatments, such as orthotics and shoe inserts. But my symptoms continued to worsen.

In 2018, I had surgery to remove the neuroma. The surgery was successful, and my symptoms have improved significantly. However, I still experience occasional pain and numbness in my foot.

Living with Morton's neuroma has been a challenging experience. But it has also taught me a lot about the condition and how to manage it. I'm

grateful for the opportunity to share my story with others who are struggling with this painful condition.

Hope for the Future

If you're struggling with Morton's neuroma, I want to offer you hope. There are a variety of treatment options available, and there is hope for a full recovery.

Don't give up on yourself. Find a doctor who can help you manage your symptoms and get back to living a full and active life.

About the Author

Dr. Emily Splichal is a podiatrist and the author of 'Morton Neuroma Podiatrist Turned Patient: My Own Journey.' She is a graduate of the California School of Podiatric Medicine and has been practicing podiatry for over 10 years.

Dr. Splichal is a member of the American Podiatric Medical Association and the American Academy of Podiatric Sports Medicine. She is also a certified Podorthist and a Fellow of the American College of Foot and Ankle Surgeons.

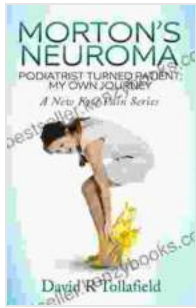
Dr. Splichal is passionate about helping people with foot and ankle pain. She is committed to providing her patients with the highest quality of care and helping them achieve their goals.

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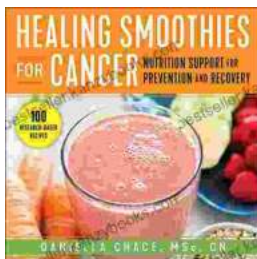
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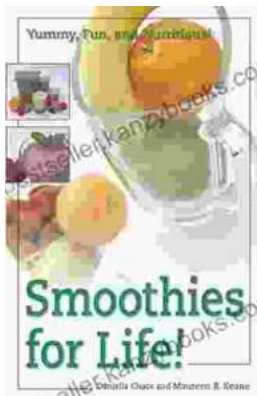


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