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## Nerve Problems of the Foot

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One of the most common foot problems, neuroma, is associated with pain, swelling, and an inflammation of a nerve. Symptoms that may occur are sharp pain, burning, and a lack of feeling in the affected area, as well as numbness, tingling, and cramping in the forefoot. In most cases, these symptoms occur after you have been placing significant pressure on the forefoot area while walking, standing, jumping, or running. This condition can also be caused by improper footwear, such as shoes with pointed toes or high heels. Constricting shoes can pinch the nerve between the toes, causing discomfort and pain.

The first step in treating a neuroma is selecting the proper footwear. You may also want to use an orthotic designed with a metatarsal pad. Orthotics are corrective devices placed inside your shoe to realign the bones of your foot, ankle, knee, and back.

Another nerve disorder that occurs in your foot is called a neuropathy. In most cases, this condition affects people with diabetes and attacks you when you aren't able to control your blood sugar level. You can control your blood sugar level by eating healthy foods and avoiding foods high in fat content. Some symptoms that may accompany neuropathy are numbness in your feet or toes, pain in your legs, lightheadedness, or cuts and sores on your feet that aren't painful.