



# HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



**REQUEST AN APPOINTMENT**

**OUR OFFICE**  
74000 Country Club Dr, Ste A-2  
Palm Desert, CA 92260  
**VIEW MAP**

**OUR WEBSITE**  
[CoachellaValleyPodiatrist.com](http://CoachellaValleyPodiatrist.com)

**CALL NOW: (760) 568-0108**

**GET FREE BOOK NOW**

## Is That a Pebble in My Shoe?

Maybe you were charging through the football field, or maybe you were simply standing in line at the grocery store when suddenly that discomfort in your foot started. You thought that a pebble somehow found its way into your shoe only to find it empty and pebble-free upon further inspection. Eventually, you realize that even when you are barefoot that "invisible pebble" still seems to be there, right underneath your foot.

The good news is that you're not going crazy. The not-so-good news is that you may have developed a neuroma.

## What is a Neuroma?

Also referred to as a pinched nerve, or Morton's neuroma, this condition usually affects areas between the third and fourth toes where benign nerve tissue begins to grow causing pain, tingling, numbness and burning sensations between the toes and in the ball of the foot.

Pain in those areas while walking is the general symptom associated with a neuroma, and this discomfort will usually subside by simply stopping whatever activity one is engaged in and massaging the area.

However, this doesn't mean you should continue to ignore the fact that your feet are in

pain just because massages are doing the trick for now – if left untreated, neuromas can turn into much bigger problems in the future. So if you are experiencing any foot or ankle problems, your best course of action is to come visit our office right away to get the relief you need.

Dr. Harvey Danciger and his team at Advanced Foot and Ankle Care are experienced in treating many lower-limb conditions, including some of those associated with nerve pain. And, as effective patient care starts with patient education, we have some important information to help you understand neuromas – what exactly are its causes and symptoms, and how can you treat and prevent this condition.



## The Causes

In simple terms, anything that causes compression or irritation of the nerve can result in a neuroma. In fact, two of the most common risk factors include wearing shoes with a narrow toe box and high-heeled shoes which tend to force the toes *into* the toe box.

Of course, there are other factors to take into consideration as well, like if you have or are prone to certain types of foot deformities like bunions or flatfeet – this will naturally put you at a higher risk for developing a neuroma. Your lifestyle and habits can also play a huge role in causing this condition – if you habitually engage in activities such as running or court sports, neuromas are more likely to happen.

But, overall, the most common causes of neuromas are:

- 01 Biomechanical deformities like high-arches or flat feet.** This can cause instability around toe joints.
- 02 Improper footwear.** This can cause the toes to be squeezed together.
- 03 Repeated stress.** This can create or aggravate a neuroma.
- 04 Trauma.** This can cause damage to the nerve.

### MEET YOUR DOCTOR

#### DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

[LEARN MORE](#)



[READ OUR BLOG](#)

Now that you are aware of its causes, you also may be wondering if there are any other symptoms associated with this painful condition aside from the phantom "pebble in your shoe." The answer to that is: yes – neuromas can cause many other uncomfortable symptoms.

Let's take this discussion a little further.

## The Symptoms

Though pain between the toes while walking is the most general symptom of a neuroma, there are many other indicators you should keep in mind, including:

- Avoiding high-heeled shoes over two inches tall.
- Wearing shoes with thick, shock-absorbent soles.
- Wearing shoes that have plenty of room for the toes to move.
- Applying ice to the area after completing a gentle massage.
- Resting the foot and massaging the affected area for temporary relief.
- Using over-the-counter shoe pads to relieve pressure around the affected area.

Of course, in order for these methods to work, your condition needs to be addressed at its early stages. When neuromas become severe, more intensive treatment may be required to provide relief from symptoms. But even then, painful neuroma symptoms can be treated fairly easily – care ranges from simply modifying activities to taking medications. Though, in some cases, surgery may be needed.

No matter your situation, we can help you!

## The Doctor's Treatments

Once we have accurately diagnosed your neuroma, we will then create a unique treatment plan tailored to address your specific needs. This will include offering you tips and information so you can take the right steps to keep your nerves healthy and reduce the risk of more problems developing and/or escalating in the future.

We may also recommend:

### Modifications in your regular activities

**Wearing custom orthotic devices**

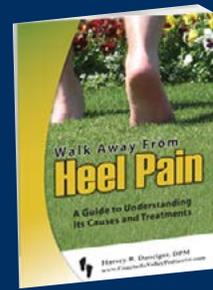
**Laser therapy**

### Modifications in your footwear

**Taking medication**

**Surgery**

However, surgery will only be used as a last resort after all other attempts to treat the condition has failed. And, if that ends up being the case for you, we will thoroughly discuss what surgery will look like (from preparing for it to recovering from it) so that you are well-informed when making decisions going forward.



[GET FREE BOOK NOW](#) ▶

“YOU HAVE  
**COMPLETELY**  
CHANGED  
MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

[VIEW TESTIMONIALS](#) ▶

### SERVICE AREAS

**HEEL PAIN** ▶

**NERVE ISSUES** ▶

**FUNGAL TOENAILS** ▶

**LASER TREATMENT** ▶

**DIABETIC FOOT CARE** ▶

**BUNIONS** ▶



But, whatever you do, never ignore painful symptoms in your feet and ankles (whether that be caused by a neuroma or any other type of foot or ankle condition). If you feel discomfort, we can help you get rid of it.

## Find the Relief You Need

We certainly hope that nerve pain isn't keeping you from doing the things you love, but we also know these things can happen even to best of us. So, whenever – and if ever – you experience problems with your feet and ankles, make Dr. Danciger your first point of contact.

All you have to do is give our Palm Desert, CA office a call at (760) 568-0108 to schedule your appointment today. Or you can take advantage of our handy [request form online](#) to have one of our staff members reach out to you.

**No matter if you're suffering from neuroma pain or any other foot or ankle issue, Dr. Danciger is here to help! Contact our Palm Desert office by calling (760) 568-0108 and a staff member can assist you in scheduling an appointment.**

## Sudoku

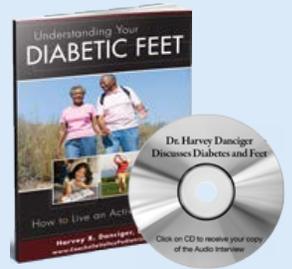
6					8	4	1
		3	1	2		6	9
9			6			3	5
4		9	2	7			
8	7		5		4		
3	2						
		4				1	3
							8

**Didn't find what you were looking for?**

Please call our office (760) 568-0108. We're always happy to help!

If you're looking for more entertainment, browse [our newsletter library](#).

2	6	3	5	7	9	8	4	1
4	5	8	3	1	2	7	6	9
7	9	1	4	6	8	2	3	5
9	3	2	8	4	6	1	5	7
1	4	5	9	2	7	3	8	6
6	8	7	1	5	3	4	9	2
3	2	9	6	8	1	5	7	4
8	7	4	2	9	5	6	1	3
5	1	6	7	3	4	9	2	8



**GET FREE CD NOW** ▶

**GET FREE BOOK NOW** ▶

### VIDEO LIBRARY



**DR. DANCIGER'S VIDEOS** ▶

**EDUCATIONAL VIDEOS** ▶



### QUICK LINKS

**CONTACT US** ▶

**PATIENT EDUCATION** ▶

**PATIENT FORMS** ▶

**OUR SERVICES** ▶

**FAQ's** ▶