Ultrasound guided mortons neuroma injection

Patient position: Sitting or lying

Ankle position: Position the ankle into a position of dorsiflexion. Alternatively, the foot can be flat on the plinth, but a dorsal approach will only be possible then.

Ultrasound: Obtain a longitudinal view of the webspace, visualising the neuroma and associated bursal collection from either a plantar or dorsal view.

Injection technique: In plane technique from a distal to proximal, ensuring you visualise the needle tip at all times avoiding vascular structures in this area.

Suggested needle: Blue/Orange needle