Platelet-rich plasma for an atypical case of Morton's neuroma: a regenerative approach to long-term pain relief

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SUMMARY

Morton's neuroma is a painful, frequently encountered yet challenging condition characterised by perineural fibrosis and nerve entrapment, commonly affecting the interdigital nerves of the foot. While conventional treatments include corticosteroid injections, orthotics, and surgery, their effectiveness is often yielding inconsistent results. Platelet-rich plasma (PRP) has emerged as an innovative alternative for chronic musculoskeletal and neuropathic pain conditions due to its growth factor-rich composition. We report an atypical case of a 26-year-old woman presenting with an atypical case of chronic Morton's neuroma localised to the fourth intermetatarsal space, an unusual anatomical site. The patient experienced persistent neuropathic pain despite multiple conservative treatments. Following a PRP injection, over a 12-month follow-up period, the patient demonstrated significant pain relief (VAS improvement from 9/10 to 1/10), functional recovery, and no recurrence of symptoms. PRP's autologous growth factors may contribute to nerve healing, neuromodulation, and pain alleviation, making it a compelling option for treating Morton's neuroma. Compared to corticosteroids, PRP offers prolonged symptom relief by addressing the underlying pathology rather than merely suppressing inflammation. This case highlights PRP's potential as a minimally invasive, effective alternative to conventional therapies. In conclusion, PRP therapy provided substantial pain relief and functional enhancement in this patient, suggesting its role as an innovative and regenerative treatment option for patients with atypical presentations of Morton's neuroma.