Ledderhose Disease Treatment Flowchart

Found a lump under your foot? Yes – may be Ledderhose

Do Not Panic.

First thing to do: ***Diagnosis***

Your GP may (or may not) be able to diagnose it, or you may need a podiatrist or foot and ankle surgeon to check it, or an experienced oncologist.
Ultrasound imaging is the preferred diagnostic tool for uncertain diagnoses.

Meanwhile, what can you do?

Treatment you can apply or use at home.

- ✓ Comfortable footwear is a must for Ledderhose patients.
- ✓ Insoles - sometimes with a hole cut out for the fibroma if that feels more comfortable.
- ✓ Anti-inflammatory ointment or gel.

Treatment that can be done at home but requires doctor prescription.

- ✓ Lidocaine patches can be helpful if the pain is bad.
- ✓ Verapamil gel. * Needs to be mixed especially by a compounding pharmacy. (Can take a few months to notice results).

Treatment you need a podiatrist or doctor to apply and or administer.

- ✓ Hyaluronidase injections into the lump can help shrink the lump and reduce pain. *
- ✓ Radiotherapy can stop growth, reduce or eliminate pain and sometimes shrink the lump. Radiotherapy has better availability than the other two outside the US but self-funding may be needed.
- ✓ Steroid injections into the lump sometimes help, but not for everyone.

All these are temporary as the disease can activate again later on, but especially with radiotherapy that can be many years

Surgery - *Last resort treatment*, as it means a scar under your foot and a high risk of recurrence, sometimes even worse than the lump(s) you had removed. As it removes part or all of the fascia, you may well need supportive orthotics the rest of your life.

*Hyaluronidase and Verapamil are mainly used in the US, availability outside the US is very limited.

British Dupuytren's Society