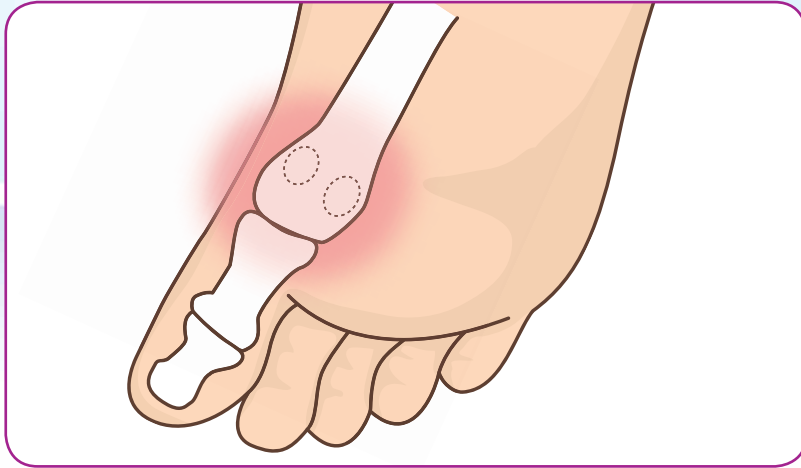


SESAMOIDITIS & TURF TOE



SESAMOIDITIS WHAT IS IT?

A sesamoid bone is a bone that is embedded in a muscle or a tendon of a muscle. Your knee cap is the biggest sesamoid bone in the body. You have 2 tiny sesamoid bones under your big toe. Sesamoiditis is when these bones under your big toe become damaged or fractured and the tendon around them

also becomes inflamed. It is very common in ballet dancers or athletes who run and land on the forefoot. You will experience a slow onset of pain and swelling in this area which comes and goes as activity levels go up and down.

DIAGNOSIS

Your podiatrist will palpate and examine your big toe to see which movements are causing your pain. To gain a proper understanding and diagnosis,

you will need an xray and/or an ultrasound to see the extent of the bone and tendon damage.

TURF TOE WHAT IS IT?

Turf toe is an over extension injury of the 1st toe where the ligaments and tendons in this area are sprained. It is possible to have a very acute sprain if you land heavily on your toes and you might recall hearing a 'pop' sound as you landed. Turf toe may

also have a slow onset and it just gets gradually worse. In either case the big toe joint will be swollen and be difficult to move up and down compared to an uninjured toe.

DIAGNOSIS

Your podiatrist will examine the toe and want to know specific details about how the injury happened. They might request an xray if they suspect a fracture of the bone including the

sesamoid bones under the big toe. They will also ask about the intensity of your training regime and examine your sports footwear as this will aid diagnosis.

Continued overleaf

TREATMENT OPTIONS CONTINUED

It is unusual to have surgery for a sesamoid fracture or turf toe injury. The common treatment options are similar to most sports injuries. Your podiatrist may give you some strapping to prevent movement at the big toe which may damage it further. They may also provide you with a pad made from felt to offload the area to help it to heal. You will need to rest and ice the area regularly to reduce swelling and take anti-inflammatory medications such as ibuprofen to

reduce discomfort. Your podiatrist will advise soft, low heeled shoes ideally with a stiff sole to stop your foot bending at the toes. If your symptoms are extremely uncomfortable and are not managed successfully with painkillers, then you might be offered steroid injections. It is likely that this injury will take several months to heal as it is such a heavily weight bearing joint, so the less walking you can do initially, the better.

GENERAL FOOTCARE ADVICE

REGULAR WASHING

Feet should be washed daily in warm water and then dried gently with a soft towel. A sprinkling of soothing foot powder is helpful, especially between the toes.

VALUE OF MASSAGE

Massage will help tone up circulation and relax the muscles. Try contrast bathing by alternatively dipping the feet first in comfortably hot water for one minute and then cold water for twenty seconds for a total of ten minutes. Always finish with the cold dip.

CUT TOE NAILS REGULARLY

Keep toe nails trimmed to just over the tip of the toe and cut them straight across. Never cut around the corners as this may lead to ingrowing toe nails. Cut them at least once per month.