

The page features a decorative design with three overlapping blue circles of varying sizes. The largest circle is at the top right, a medium one is in the center, and the smallest is at the bottom right. Two thin blue lines intersect at the top left, forming a V-shape that frames the circles.

Turf Toe

Hallux Limitus

Common Lower Limb Functional Disorders

3 of 6

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SIGNS AND SYMPTOMS

This is an arthritic condition of the big toe joint that causes this joint to slowly stiffen **Hallux Limitus** and eventually lose its natural range of movement, **Hallux Rigidus**. In its early stages the joint may very well retain a normal range of movement when non-weight bearing, however, the action of walking or running causes the joint to act in a locking and painful manner.

WHAT'S GOING ON?

Symptoms occur on the top of your thickening big toe joint where bone impinges upon bone. Pain usually develops quickly during any standing, walking or running. This condition is particularly aggravated when shoes with higher heels are worn or if you play sports on firm and unyielding surfaces.

HOW IS IT TREATED?

In the early stages of this condition where you might have a slight dull ache, treatment involves the use of foot and ankle specialised manipulative therapies to free up joint movement and restore a normal range of dorsiflexion and plantarflexion within your big toe joint. If you suffer with a painful big toe joint that has decreased range of movement, the use of prescription custom foot orthoses with a special modification called a **1st ray cut out** will not only help restore a more normal range of motion within your big toe joint but, will also help support the unstable long-arch collapse associated with this condition.

In severe cases, the total avoidance of high heeled and even moderate heeled shoes may have to be a life long rule never to be broken. Some people can live with this but, with the worst cases, then surgical intervention may offer a final hope for pain free walking. Surgery could involve the use of a special implant for the less active individual, removal of part of the diseased joint or the complete fusion (welding) of the big toe joint thus relieving the pain but removing for good the small remaining movements from the diseased joint.