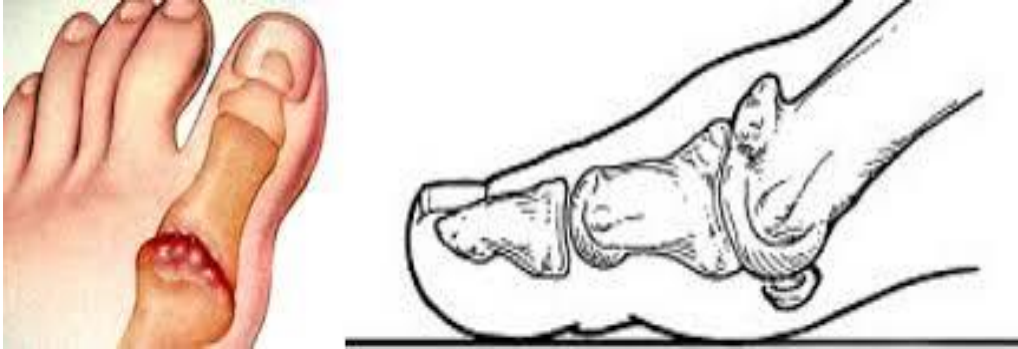


Hallux Rigidus

Osteoarthritis of the Big Toe

This is a disorder of the joint located at the base of the big toe. It causes pain and stiffness in the joint. With time it gets increasingly harder to bend the toe. 'Hallux' refers to the big toe, while "rigidus" indicates that the toe is rigid and cannot move. Hallux rigidus is a form of degenerative arthritis.



What Causes It?

It is thought to relate to 'wear and tear' of the joint through long term repetitive use. Pain and loss of function is often as a result of bony deposits on top of your foot, inflammation and irregularity of joint surfaces.

Non-Surgical (Conservative) Management

- Using footwear with a relatively stiff sole or strapping to help splint the painful joint.
- Activity modification, minimise kneeling, squatting and lunging.
- Pain relief including non-steroidal anti-inflammatory drugs (NSAIDs).
- Joint injection.

Surgery

Surgery may be considered if the joint continues to be painful and is not responding to conservative measures. There are a number of surgical options and the choice of procedure will depend upon the severity of the problem. You can discuss this further with your therapist.