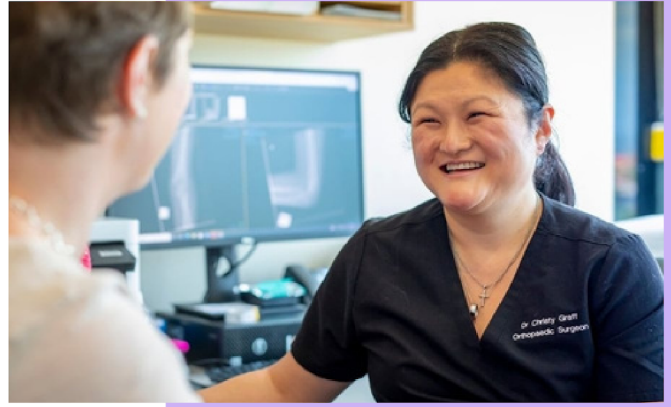


HALLUX RIGIDUS



- 📞 0493 461 133
- 📠 (08) 9118 3112
- ✳️ HealthLink:drcgraff
- ✉️ admin@christygraff.com
- 🌐 www.drchristygraff.com

WHAT IS HALLUX RIGIDUS?

Hallux rigidus is arthritis at the base of the big toe, in a joint called the metatarsophalangeal joint (MTPJ). Like most joints, the ends of the bones are covered by smooth cartilage called articular cartilage. If this wears away, it can cause arthritis of the joint. A bone spur called an osteophyte can form and will lead to decreased movement of the big toe. If all the cartilage wears away, it leads to the bone rubbing against bone, which can cause pain and stiffness.

CAUSES

Hallux rigidus is most often caused by wear and tear over time, like most joint arthritis. There may be a genetic predisposition or a history of prior injuries, which can further contribute to or accelerate the wear and tear process.

RISK FACTORS

- Poor foot alignment such as hallux valgus or flat foot.

- Traumatic injury to the big toe such as turf toe.
- Inflammatory conditions such as gout and rheumatoid arthritis.

SYMPTOMS

- Pain in the big toe joint (just at the base of the big toe), often during or after walking and activity.
- Stiffness of the big toe (harder to move it up and down).
- Swelling around the big toe joint.
- A bump or deformity just at the base of the big toe.

DIAGNOSIS

Hallux rigidus can usually be seen on x-rays. In mild or early cases, an MRI may be required to help diagnose it.

MANAGEMENT AND TREATMENT

The aim of treatment is to relieve pain in the big toe. This can include:

- **Shoes:** Shoes that have a wider toe box relieve pressure over the painful area. Shoes with stiff soles also help by limiting movement of the painful area during walking. Avoiding high heels will also help relieve pain.
- **Orthotics:** A rigid big toe extension in the shoe or supporting padding may be available through a Chemist or Podiatrist.

HALLUX RIGIDUS



- **Medications:** Paracetamol and/or ibuprofen (anti-inflammatory medication) can provide relief from pain during acute flares.
- **Injections:** Steroid injections can provide symptom relief (improved pain), but they do not treat the underlying problem.
- **Surgery:** If the measures above do not alleviate the pain, surgical intervention can help. For an evaluation of your condition and further guidance, please schedule an appointment with Dr Christy Graff.



Pre and post operative x-ray imaging (dorsoplantar view) of a patient who underwent surgery for treatment of hallux rigidus by Dr Christy Graff.



Pre and post operative x-ray imaging (lateral view) of a patient who underwent surgery for treatment of hallux rigidus by Dr Christy Graff.

USEFUL WEBSITES

Foot Health Facts

<https://www.foothealthfacts.org/conditions/hallux-rigidus>