

# HALLUX RIGIDUS

Hallux rigidus or stiff big toe is degenerative arthritis and stiffness due to bone spurs (Osteophytes: Bone spurs are usually caused by local inflammation) that affects the metatarsophalangeal joints (MTP) at the base of the hallux (big toe).



Hallux rigidus

## Signs and symptoms

- Pain and stiffness in the joint at the base of the big toe during use (walking, standing, bending, etc.).
- Swelling and inflammation around the joint.

Although the condition is degenerative, it can occur in patients who are relatively young, particularly active sports people who have at some time suffered trauma to the joint .



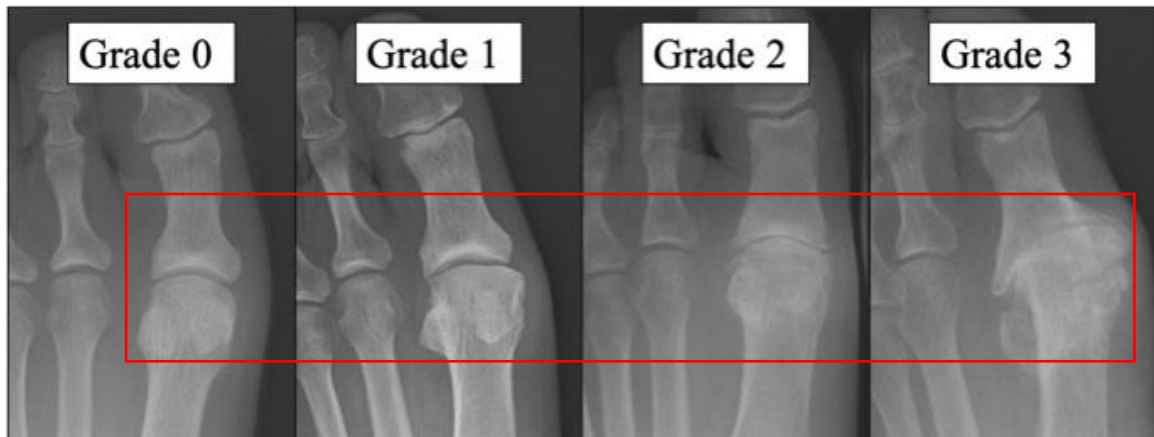
## Causes

This condition, which occurs in adolescents and adults, can be associated with previous trauma. The true cause is not known.

## Classification

- Grade I – mild changes with maintained joint space and minimal spurring.
- Grade II – moderate changes with narrowing of joint space, bony proliferation on the metatarsophalangeal head and phalanx and subchondral sclerosis or cyst.

- Grade III – severe changes with **significant joint space narrowing**, extensive bony proliferation.



## Treatment

### Non-surgical

Early treatment for mild cases of hallux rigidus may include prescription foot orthotics, **shoe modifications** (toe box) to take the pressure off the toe and facilitate walking, specialized **footwear** (rocker-sole shoes), **medications** (anti-inflammatory drugs) or **injection therapy** (corticosteroids to reduce inflammation and pain). Physical therapy programs may be recommended, although there is very limited evidence that they provide benefit for reducing pain and improving function of the joint.



Toe box



Rocker-sole shoes

## Surgical

The goal of surgery is to eliminate or reduce pain.



After surgery

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## HAMMER TOE

A hammer toe or contracted toe is a deformity of the muscles and ligaments of the proximal interphalangeal joint of the second, third, fourth, or fifth toe causing it to be bent, resembling a hammer. In the early stage a flexible hammertoe is movable at the joints; a rigid hammertoe joint cannot be moved and usually requires surgery.



\***Mallet toe** is a similar condition affecting the distal interphalangeal joint.

\***Claw toe** is another similar condition, with dorsiflexion of the proximal phalanx on the lesser metatarsophalangeal joint, combined with flexion of both the proximal and distal interphalangeal joints. Claw toe can affect the second, third, fourth, or fifth toes .

