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HALLUX LIMITUS

Hallux limitus is a type of degenerative arthritis of the first metatarsophalangeal joint or the big toe joint. "Hallux" is the medical term for the big toe and "limitus" means limited motion. It is a progressive deformity and when the motion in the joint is completely lost the condition is then known as hallux rigidus.

Symptoms

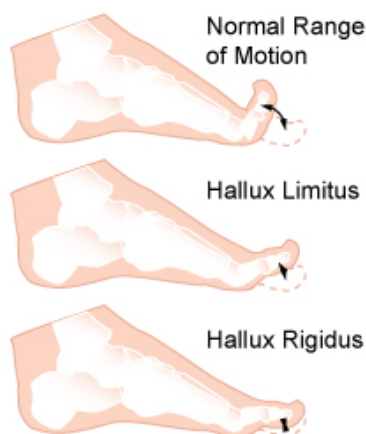
Pain, swelling and stiffness in the big toe joint with range of motion. This pain can lead to a limitation in certain activities and difficulty in wearing certain shoe types.

Causes

In most cases, the cause of hallux limitus is caused by faulty mechanics of the foot. Patients with certain foot types, such as a flatfoot, are more prone to developing this condition. Other causes of hallux limitus include overuse, post-traumatic and inflammatory joint diseases, such as rheumatoid arthritis or gout.

Treatment

Non-surgical management of hallux limitus may include modification of shoes, orthotics, anti-inflammatory medications (NSAIDs), and cortisone injections into the joint. If these treatments do not effectively eliminate the symptoms, surgical options are also available. The type of surgical procedure performed depends on multiple factors including the severity of the condition, patient age, and activity level of the patient. In some cases, the joint may just need to be "cleaned up" meaning removal of the arthritic bone. In other cases, more aggressive procedures may be required. This may include fusion of the joint, removal of part of the joint, or a joint replacement with an implant.



For More Information:

<http://www.foothealthfacts.org/footankleinfo/hallux-rigidus.htm>

<http://orthoinfo.aaos.org/topic.cfm?topic=A00168>