

Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

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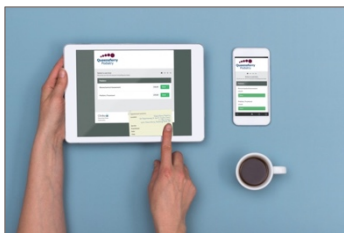
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Professional and caring podiatrists

Hallux Rigidus



Treatment Advice

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What is hallux rigidus?

Hallux rigidus is a disorder of the joint located at the base of the big toe. It causes pain and stiffness in the joint, and 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.

Anyone can develop hallux rigidus, but it tends to affect people between the ages of 30 and 60.

What can help?

Wearing shoes and insoles that provide support, have a roomy toe box and are less flexible (so that they limit any motion of the joint) can help to stop any excessive pressure on the big toe. Shoes with a pointed toe or a high heel should be avoided due to the pressure that they create on the toe.

Wear a shoe with a stiff sole to help protect the big toe joint from over-flexing during the stride causing further erosion and pain.

What will happen if I leave it untreated?

Most patients report an increase in pain and stiffness if it is not treated. This can also lead to decreased mobility.

Patients may also experience pain in the ball or the outside of the foot, this is due to them walking on the outside of their foot to avoid pressure on the big toe which can be very painful.

What causes it?

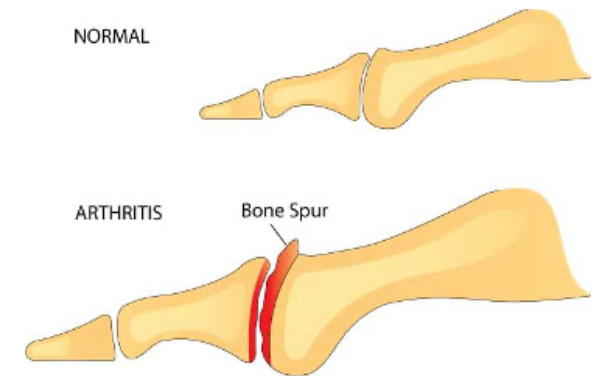
In some people, hallux rigidus runs in the family and is a result of inheriting a foot type that is prone to developing this condition.

In other cases, it is associated with overuse, this is especially true amongst people who are engaged in activities or jobs that increase the stress on the big toe, such as workers who often have to stoop or squat.

Hallux rigidus can also result from an injury, such as stubbing your toe.

Or, it may be caused by inflammatory diseases such as rheumatoid arthritis or gout.

Hallux rigidus is a form of degenerative arthritis. As the cartilage wears away, the bone becomes scarred and overgrows near the edges, resulting in bony spurs or 'osteophytes' that reduce the movement of the toe.



What are the treatments?

If early treatment is sought, in many cases this can prevent the requirement of surgery in the future. Typical treatment options for the treatment of hallux rigidus would include:

- custom made orthotics which would improve foot function
- anti- inflammatory, such as ibuprofen, would help to reduce the pain and inflammation.
- surgery would be considered as a last resort if conservative treatments had not provided any relief