

Welcome to Queensferry Podiatry

Established in 1999, we have dedicated over 25 years to providing a professional and welcoming podiatry service. Our expertise includes:

- Routine issues, such as nail problems, hard skin and corns.
- Diabetic foot care and check-ups.
- Musculoskeletal problems.
- Orthotic fitting.
- Nail surgery.

- ✓ Our podiatrists are degree-trained.
- ✓ Registered with the Health Care Professionals Council (HCPC).
- ✓ Members of the Royal College of Podiatrists.

Individual Advice:



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Hallux Limitus



Guidance for Patients



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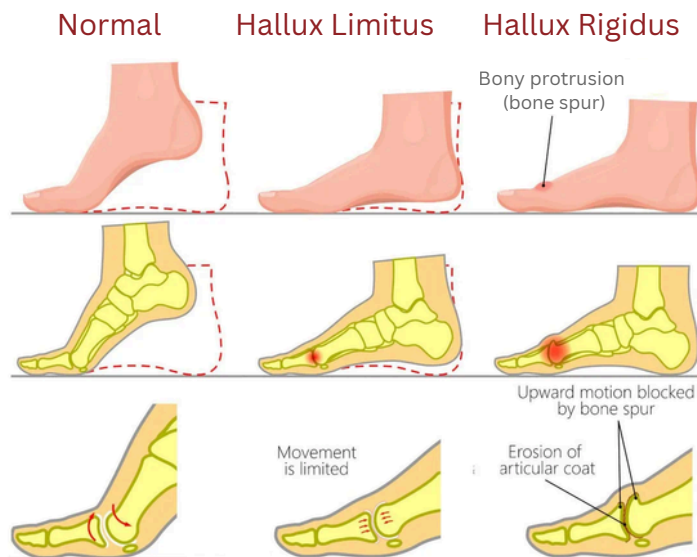
What is Hallux Limitus?

Hallux limitus is a condition that causes pain and stiffness in the joint where the big toe meets the foot, making it difficult to bend the toe. It is often related to early arthritis and can progress to a more severe condition called hallux rigidus (no motion of the big toe at all).

There are two distinct forms, and telling them apart matters for treatment.

Functional hallux limitus - a condition of the foot where there is restriction of upward movement at the big toe joint during the propulsive phase of gait, a limitation that is not present when the foot is non-weight-bearing.

Structural hallux limitus - involves actual bone or cartilage changes: arthritis, bone spurs, or joint narrowing visible on X-ray.



What Causes It?

- Family history of hallux limitus and increased incidence in women.
- Poorly fitting footwear that increases pressure on the toe.
- High-impact activities that place repeated stress on the toe joint or jobs that increase the stress on the big toe, such as workers who often have to stoop or squat.
- Acute injury e.g. stubbing your toe.
- Disorders like rheumatoid arthritis, gout, or psoriatic arthritis can affect the joint, triggering chronic inflammation and accelerating cartilage loss.

Symptoms

Common symptoms of hallux limitus include:

- Pain in the big toe joint, especially during weight-bearing activities.
- Stiffness and limited range of motion in the big toe.
- Discomfort when wearing shoes, particularly those that are tight or have high heels.
- Development of calluses or bony lumps on the toe joint.
- Numbness or tingling in the toe due to nerve pressure.

What can Help

Footwear plays a vital role in managing big toe arthritis symptoms. Our podiatrists recommend:

- Rocker-bottom shoes: to minimise the big toe joint motion during toe-off.
- Stiff soles: to stabilise the foot and reduce joint stress.
- Wide toe boxes.
- Avoiding high heels and soft-soled shoes that increase joint load.

Treatment

Orthotics - These devices are designed to fit into your shoe and address the underlying cause of the dysfunction, by limiting movement of the big toe joint and reduce painful movement.

Exercises - Common exercises include toe pulls and extension stretches to improve flexibility and reduce stiffness.

Corticosteroid injections - If there is inflammation present, injection of a corticosteroid may be useful.

Surgery - In severe cases, if conservative treatments fail, surgery may be considered. These can range from joint-preserving procedures to more invasive surgeries aimed at relieving pain.