

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).

Kirsty McWhirter
(Practice Owner)

Lesley Walker
(Associate Podiatrist)

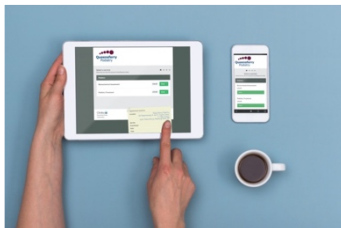
Angela Miller
(Associate Podiatrist)

Neassa Macdonald
(Associate Podiatrist)



Online booking on our Facebook page or website:

www.queensferrypodiatry.com



REF_Ses_1



Professional and caring podiatrists

Sesamoiditis



CONTACT US

📞 0131 331 1296

🏠 JW Physiotherapy & Sports Injury Clinics
27 High Street, South Queensferry, EH30 9PP

✉️ queensferrypodiatry@gmail.com

🌐 www.queensferrypodiatry.com

Treatment Advice



What is Sesamoiditis?

Sesamoiditis is inflammation of the sesamoid bones. These are two small bones which are embedded in the tendon of the Flexor Hallucis Brevis muscle just under the base of the big toe.

The purpose of the sesamoid bones is to protect the tendon of the flexor hallucis longus muscle. They also increase the strength of the muscle by giving it a mechanical advantage by acting as the fulcrum of a level system. They also take most of the weight-bearing load on the inside of the foot.



What causes it?

Sesamoid bones can be injured in a number of ways including:

- stress fracture
- traumatic fracture
- sprain
- damage between a bipartite (split in two) sesamoid bone
- injury caused by the movement between the sesamoid bone and the metatarsals bones in the foot.

Sesamoiditis refers to an overuse injury which develops over time due to repetitive impact. An increase in forefoot weight-bearing activities, such as dancing, is often the cause.

Symptoms?

Symptoms of Sesamoiditis include:

- gradual onset pain in the forefoot, especially when weight-bearing
- there will be tenderness over the under surface of the joint
- you may limp or shift your weight onto the outside of the foot when walking
- there is likely to be swelling and inflammation
- pain may be recreated when moving the big toe against resistance
- incorrectly fitting shoes or shoes with a higher heel can all increase stress to the sesamoid area. Some patients have enlarged sesamoids which can predispose to sesamoiditis.

Excessive forces, caused by sudden bending upwards of the big toe, high heels, or a stumble can contribute to sesamoiditis. Dancers and athletes are more prone to suffer from this disorder since they put much more weight on the forefoot than most people.

Treatment options?

Treatment of Sesamoiditis will initially be:

- rest and applying cold therapy treatment to ease pain and inflammation
- anti-inflammatory medications, such as Ibuprofen, to help reduce inflammation and pain
- physiotherapy treatment such as ultrasound therapy may be used to help reduce inflammation
- foot orthotics (foot inserts) can be used to take the pressure off the painful area on the bones. Likewise, padding or a shock-absorbing and cushioning insole may be used to take the pressure off the painful area
- if the above fails, corticosteroid injections may be used
- if a stress fracture is suspected or diagnoses with MRI or bone scan then 6 weeks complete non weightbearing rest in a plastic or plaster cast is recommended.