

# Hallux Limitus / Rigidus

## What is Hallux Rigidus?

Hallux is the medical term for your big toe. Hallux limitus is the term podiatrists use to describe loss of motion in your big toe joint. Hallux rigidus is considered to be the end stage of hallux limits, where your ability to create motion in your big toe is lost or severely restricted. It 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 rigidus is a form of degenerative arthritis and is a progressive condition.

## Symptoms

- Pain and stiffness in the big toe during use (walking, standing, bending, etc.)
- Pain and stiffness aggravated by cold, damp weather
- Difficulty with certain activities (running, squatting)
- Swelling and inflammation around the joint

## Causes

- Abnormal biomechanics leading to an overloading of the big toe joint
- Genetics / Family history
- Poor footwear
- Trauma

## Diagnosis

Hallux Rigidus can be diagnosed with a thorough physical examination. If required, X-ray imaging will reveal arthritic joint changes of the big toe.



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## Treatment

- Shoe modifications - Shoes with a large toe box put less pressure on your toe. Stiff or rocker-bottom soles may also be recommended.
- Orthotic devices - Custom orthotic devices may improve foot function.
- Medications - Oral nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may be recommended to reduce pain and inflammation.
- Injection therapy - Injections of corticosteroids may reduce inflammation and pain.
- Physical therapy - Ultrasound therapy or other physical therapy modalities may be undertaken to provide temporary relief.
- Surgery - If conservative treatments fail, reconstructive surgery can be performed.



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### **ALWAYS CONSULT A TRAINED PROFESSIONAL**

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