

# Practice Protocol: Hallux Limitus/Rigidus

**Nature:** Painful and Limited Motion of 1<sup>st</sup> MPJ, Pain in Shoes, Dorsal 1<sup>st</sup> MPJ Bump

**Onset:** Biomechanical, Progressive

**Aggravating Factors:** Walking, Flimsy Shoes, Exercise, Foot Type

**Treatments:** Stiff Soled Shoes, NSAIDs, Ice, Splints, Pads

## Clinical Findings:

1. Hypermobility 1<sup>st</sup> Ray
2. Decreased ROM of 1<sup>st</sup> MPJ
3. Prominent Dorsal Bump
4. Pain with ROM of 1<sup>st</sup> MPJ

## Radiographic Findings:

1. Intermetatarsal Angle Less than 10 degrees
2. Spurring of the 1<sup>st</sup> MPJ (dorsal, medial and lateral)
3. Decreased Joint Space/Cyst Formation
4. Square Metatarsal Head
5. 2<sup>nd</sup> Met (length, cortical thickening)

## Our Treatment Options

### Conservative

1. Stiff Soled Shoes
2. Orthotics
  - a. First Ray Cutout
  - b. Cluffy Wedge
  - c. Shell Extension through 1<sup>st</sup> MPJ
3. NSAIDs, Oral Steroids, Injections, Biofreeze
4. CAM Walker, Surgical Shoe, Strapping

### Surgical

1. Joint Preserving
  - a. Cheilectomy
  - b. Decompression/Plantarflexing Osteotomy (Austin or Scarf)
2. Joint Destructive
  - a. Keller
  - b. 1<sup>st</sup> MPJ Implant
  - c. 1<sup>st</sup> MPJ Fusion

