Function

- power of intrinsics
- protect FHL
- control of proximal phalanx
Hallux Valgus

- Severe hallux valgus
  - crista
  - lateral subluxation
Fracture!  I.P.K.
Sesamoiditis

- Inflammation
- “Chondromalacia”
- Osteochondritis
Osteochondritis

- Osteochondritis
- fragmentation
- restricted motion
- cont. pain
a continuum of pathology!
Degenerative Arthritis

- Hallux Rigidus
- rarely plantar disease
Physical Examination

- Location of pain
- Swelling
- Callosity?
Physical Examination

- ROM
- Weakness
- DF/PF
Conservative Treatment

- Relieve pressure
- Decrease motion
Padding, orthotics
Conservative Treatment

- Taping of hallux
- Metatarsal arch support
Findings

- Swelling
- Pain
- Weakness
- Hot bone scan
Conservative Treatment

- Short leg cast
- NSAID’s
- Steroid injection
Surgical Indications

- Continued pain
- Unsuccessful non-surgical treatment

Spread of the interval!!
18-year-old male
- All Star H.S. football
- February….”I need to be ready for Summer practice”
Lateral sesamoid excision
(in March)

- Successful Summer practice
Surgical Indications

- 20 yr old long distance runner
  - dorsiflexion injury
  - continued pain
  - weakness PF/DF
  - swelling
Following surgery

- Medial sesamoid excision
  - return to running 4 months
  - no pain
  - Normal strength
  - normal ROM
18-year-old female jogger
chronic pain
Bipartite sesamoid vs. fracture
- Pain medial sesamoid
- Hot bone scan
Bipartite/Fracture

- **Bottom Line**
  - PAIN
  - FUNCTION
Medial sesamoid excision
May be difficult to dx-fracture

- History of injury
Surgical Treatment

- 1 year wait? (unless performance problems)
- Conservative treatment - unsuccessful
Surgical Treatment

- Lateral sesamoid excision

  dorsal approach?  plantar approach?
Plantar approach

Dangerous!
Plantar approach

Dangerous!
Plantar approach

- Technique
Surgical Treatment

- Medial sesamoid
- Medial approach?
Surgical Treatment

Medial sesamoid
Dual Sesamoid Resection

- Avoid resecting both sesamoids
12-year-old soccer player
Stepped on nail
13 year follow-up, doing well

Why?
Dual Sesamoid Resection?

Surgical treatment - lateral sesamoid

Non-surgical treatment
Boise State wrestler

Long-term conservative care
Medial sesamoid excision
Post-operative care

- Taping
- Stiff orthotics
- Protect the soft tissue for 6-12 weeks
- Surgery is typically done in the off season, with conservative care till season end.
High subjective satisfaction

- Should we operate sooner?
  - to avoid DJD
  - to prevent loss of motion
  - to prevent weakness