

HALLUX RIGIDUS – NONOPERATIVE MANAGEMENT

Information: Hallux rigidus is arthritis of the big toe joint (first metatarsophalangeal joint). Arthritis is the loss of cartilage in a joint and typically presents with pain and stiffness. In the big toe joint, the cartilage loss typically occurs on the top of the big toe joint and then progresses to include the entire joint. Treatment of hallux rigidus typically begins with nonoperative management. Nonoperative treatment options are outlined below.

Shoe Insert

Nonoperative management may include a stiff-soled shoe or insert in the shoe, which helps to limit big toe motion. A Morton's extension orthotic or carbon fiber insole may be added to your shoe and placed beneath the softer insole already in your shoe. You can find these inserts on Amazon by searching "Morton's extension foot plate" (Figure 1) or "carbon fiber foot plate" (Figure 2).

Figure 1



Figure 2



Non-Steroidal Anti-Inflammatory Medications (NSAIDs)

Over-the-counter medications like ibuprofen or naproxen may help decrease pain. Please let us know if you cannot take NSAIDs due to a history of GI bleeding, kidney problems, or stomach ulcers.

Corticosteroid Injection

A corticosteroid injection in the first metatarsophalangeal (MTP) joint or big toe joint can provide temporary pain relief. However, the results of corticosteroid injections are unpredictable. Additionally, corticosteroid injections are not recommended for repetitive, long-term use.

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.