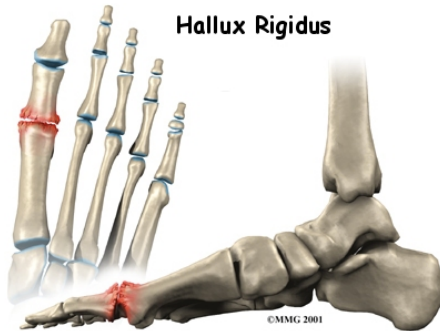


Hallux Rigidus

Painful and stiff big toe. Can mimic hallux valgus(bunion)



Difficulty with shoes and walking

Reduced activities

Dorsal bone spur over 1st MTP joint

Reduced dorsiflexion of 1st MTP joint

Treatment with shoe modifications/ insoles, injection, cheilectomy or fusion(open or minimally invasive)

Hallux valgus

Common forefoot pathology

Deviation of big toe with prominent bunion

Discomfort and aching rather than pain

Difficulty with formal shoes and sometimes activities

Treatment based on symptoms. Shoe modifications, at times insoles. If conservative management fails & day-to-day lifestyle is affected, refer to orthopaedics for surgery



Posterior Tibial Tendon Dysfunction (PTTD or adult flat foot)

- *Chronic degeneration of the tendon*
- *Leads to adult (late onset) flat foot*
- *Present with medial hind foot swelling and pain*
- *Loss of medial longitudinal arch*
- *Increased heel valgus- check from posterior aspect*
- *Medial / lateral ankle pain*
- *Tenderness and swelling behind medial malleolus*
- *Inability to tip toe, especially on one leg*
- *Consider Orthopaedic opinion*
- *Treatment – Insoles, tendon transfer, osteotomy of calcaneum +/- fusion (either open or minimally invasive)*

