



Know the facts on

Hallux Limitus

What is Hallux Limitus

Hallux Limitus is a condition in which the big toe joint becomes painful and stiff. It is most often due to osteoarthritis of the joint itself.

There are various classifications but in simple terms it can be mild, moderate or severe. The condition usually gets worse with time and is more common in men than women.



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What causes Hallux Limitus?

Hallux Limitus can be a result of inheriting a genetic foot type prone to developing this and similar conditions. It can also be associated with overuse, especially for people with activities or jobs that increase the stress on the big toe, for example workers who might have to stoop or squat often. Hallux Limitus can also result from injury or from inflammatory diseases such as rheumatoid arthritis or gout.

What will happen if I leave it untreated?

Even if at first there may only be slight pain during activities, continuous use will see that stiffness and pain increase to the point where Hallux Limitus may eventually develop into Hallux Rigidus. A bump or spur can also form on top of the joint due to the arthritic nature of the condition.



What can help?

Making sure to wear appropriate footwear can stop any excessive pressure on the big toe. If the condition is due to overuse it is best to take a break and making sure to rest up can help ease any pain or discomfort.

What are the treatment options?

For mild cases, over-the-counter measures such as shoe modifications, custom functional orthotics or prefabricated inserts, physical therapy, and oral anti-inflammatory medications are most commonly used.

In severe cases surgery may well be necessary, however, before surgery a number of different treatments may well be attempted. Certain shoes can provide support, as they can be made to be less flexible and can limit any motion of the joint.