

Hallux Rigidus

"To Fuse or not Fuse"
Cheilectomy vs Fusion

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Hallux Rigidus

- Second most common condition affecting the hallux MP joint
- Termed coined by Cotterill in 1888, after description by Davies-Colley in 1887



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Hallux Rigidus

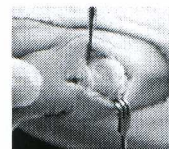
- Definition = stiffness of 1st MTPJ
- Multiple names given:
 - Hallux flexus/limitus
- Multiple etiologies considered
 - Traumatic (overuse/OCD/injury)
 - Dorsal bunion (paralytic)
 - Metatarsus primus elevatus

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Hallux Rigidus

- Two groups:
 - Adolescent
 - Rigid swollen joint, painful DF
 - Chondral lesion or OCD (atraumatic)
 - Adult
 - Degenerative destruction
 - ? Overuse or traumatic etiology

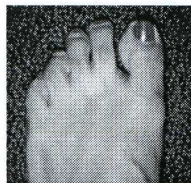


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Hallux Rigidus

- Presentation
 - Dorsal prominence; shoewear irritation
 - Painful ROM (PF and DF, with push-off)



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Hallux Rigidus

- Examination
 - Check for sesamoid pain – poorer prognosis
 - Pain/crepitus in midrange of motion?
 - Hallux alignment?
 - Associated bunion?

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