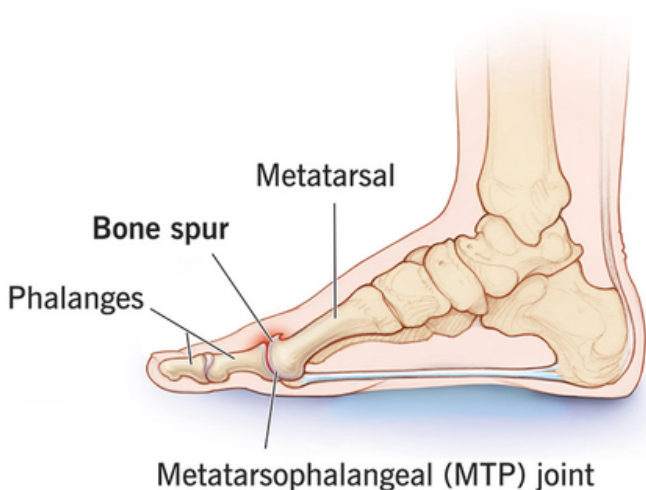


# 1<sup>st</sup> Metatarsophalangeal Joint Osteoarthritis (Hallux Rigidus)

Pain and stiffness in the big toe joint

Hallux rigidus is a progressive degenerative condition caused by arthritis/inflammation of the big toe joint.

The joint becomes stiff and painful, and develops large bone spurs which can limit motion and cause pain in footwear.



Treatment focuses on splinting the big toe and reducing stress on the joint.

This can be achieved with custom orthotics with a rigid extension and rocker-soled shoes.