

## **Sesamoiditis**

### **What is it**



Sesamoiditis is an ailment that affects the forefoot, typically in young people who engage in physical activity like running or dancing. The term is a general description for any irritation of the sesamoid bones, which are tiny bones within the tendons that run under the big toe. Every time you push off against the toe the sesamoids are involved, and eventually they can become irritated, even fractured.

### **Why did I get it?**

These risk factors can cause sesamoiditis.

- Increase in activity
- Activities that cause repetitive impact on the balls of your
- Bony feet – decreased fat pad (cushioning of the foot)

### **Symptoms:**

- Symptoms of Sesamoiditis include gradual onset pain in the forefoot, especially when weight-bearing.
- There will be tenderness over the undersurface of the joint.
- You may limp or shift your weight onto the outside of the foot when walking.
- There is likely to be swelling and inflammation.
- Pain may be recreated when moving the big toe against resistance.

### **How is it diagnosed?**

Careful history taking and an examination of the area of pain is required with a referral for an x-ray. If the x-ray fails to identify sesamoiditis, then possible referral for a bone scan or MRI is warranted.

### **Possible treatments:**

- Rest
- Footwear advice
- Taping or strapping

- Padding
- Immobilization
- Custom Orthotics
- Stretching and Strengthening exercises
- Dry needling
- Non-Steroidal Anti-Inflammatories

### **Prognosis**

Complete recovery can be expected, with no lingering effects. In rare cases where the condition does not respond to preliminary treatments, surgical intervention may be required.