

Hallux rigidus (arthrosis of the joint at the base of the big toe)

Little worry about the big toe

In hallux rigidus, there is a limitation of mobility in the joint at the base of the big toe, most often due to joint arthrosis. The roll over process of the foot is thus increasingly limited and painful. Bony growths on the joint also lead to pressure spots and swellings. The limitation of the rollover process in the foot then often leads to problems in the entire sequence of movement. The causes here are also varied, such as congenital or acquired deformities, overstrain, injuries or rheumatic diseases.

Conservative therapeutic methods:

- Physical therapy
- Orthotic inserts/providing shoes
- Hyaluronic acid injection
- Acupuncture
- Neural therapy/homeopathy
- Kinesio taping

Surgical therapeutic methods:

Here, depending on the stage, joint-preserving methods are applied, which significantly improve the mobility in the joint, primarily by removing osseous growths. If the joint is mostly destroyed, arthrodesis or joint replacement may also be necessary.

Here we offer you comprehensive diagnostics and will clearly advise you about the optional therapy procedures for you.

Would you like advice?

Are you interested in further information?

Would you like a personal consultation or an appointment in our practice?

We look forward to you.

Kontakt

Online-Termin

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