



PERFORMING ARTS

SPECIAL INTEREST GROUP



ORTHOPAEDIC SECTION
AMERICAN PHYSICAL THERAPY ASSOCIATION



American Physical Therapy Association
The Science of Healing. The Art of Caring.

PATHOLOGY OF THE HALLUX SESAMOIDS – CITATION SUMMARY

APRIL, 2006

Rolling through the foot to attain relevé makes painful sesamoids particularly problematic for the dancer. The following question was asked: What is the optimal treatment of hallux sesamoid non-union or avascular necrosis? Bone stimulation, ultrasound, or surgical excision? Considerations regarding excision include the potential loss of flexor strength of the first toe and postoperative weightbearing discomfort (padding is not an option for the modern dancer when dancing barefoot). This provoked the following literature search.