Great Toe Sesamoid Injuries – CITATION SUMMARY

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The sesamoids are tiny bones, but injury to one or both can greatly interfere with performance. During gait the sesamoid bones protect the FHL tendons, reduce friction, and absorb weight. With injury, ability to relevé or push off is curtailed. Sesamoid injuries include sesamoiditis, stress fractures, fractures, and can go on to nonunion or avascular necrosis. While conservative immobilization is effective in most cases, more aggressive options remain controversial. Hemi-resection and resection of the sesamoid may drastically reduce hallux push off due to a shortened lever arm. Therefore, expedited, accurate diagnosis and treatment are imperative.