



Sesamoiditis

Sesamoiditis is a common ailment of the underside of the forefoot, causing inflammation and pain in the ball of the foot specifically under the big toe joint.

The sesamoid bones are very small bones which are located under the big toe joint within the tendons that run to the big toe.

This is typically common in young people who engage in physical activity such as running or dancing.



Podiatry & Foot Healthcare

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What causes Sesamoiditis?

Typically, Sesamoiditis can be distinguished from other forefoot conditions by its gradual onset. The pain usually begins as a mild ache and increases gradually as the aggravating activity is continued.

If you have a bony foot, you simply may not have enough fat on your foot to protect your tender sesamoid bones.

If you have a high arched foot, you will naturally run on the balls-of-your-feet, adding even more pressure.

Treatment and Prevention

Treatment will vary between patients and will typically involve a period of rest from any activities likely to aggravate the problem.

Immobilisation strapping, ice and oral anti-inflammatory drugs such as ibuprofen may also be utilised to settle inflammation, reduce pain and aid in the healing process.

A soft full length functional orthotic insole is commonly used to offload the sesamoid bones and deflect pressure away from the painful area. We Fix Feet are specialists in the provision of insoles - ask our clinicians for advice.

Low heeled shoes must be worn to minimise pressure on the forefoot.



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The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician. Please contact your nearest *We Fix Feet* clinic to book your consultation.