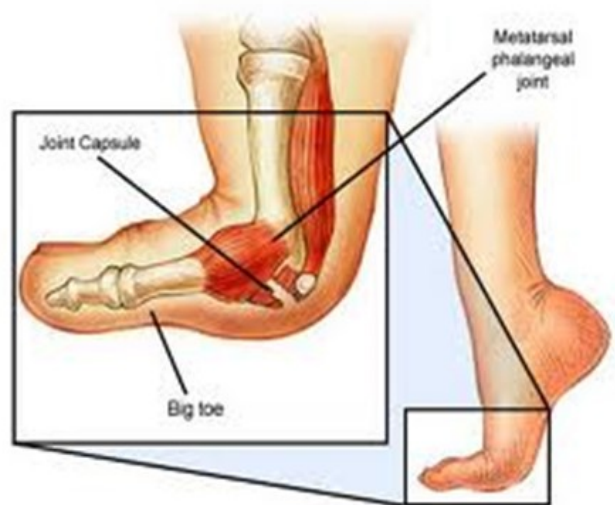


Definitions— This injury is the hyperextension of the great toe passed its normal limits resulting in a sprain of the MTP joint of the great toe. Typically these injuries occur from playing, running, or jumping on unyielding surfaces such as synthetic turf and concrete.

Mechanism of Injury:

Commonly occurs from repetitive overuse or trauma such as landing on the toe while it is extended.



Physical Therapy

Initial Care: Controlling swelling and pain with the use of cold, compression and electrical stimulation will help speed the healing process. One can take ibuprofen to help eliminate the pain more quickly as well.

Rest is the most beneficial treatment for this injury. It is discouraged to return to activity until pain has been eliminated. If one returns to early, it can cause more irritation and cause more damage to the joint. Taping the affected toe might help relieve discomfort, as well as changing shoes to have a more sturdy support by one’s toes. One can strengthen the muscles surrounding the ankle as well as the toes. This can be with exercises such as:

Towel Scrunches – Place a small towel or rag underneath your foot and curl your toes, grasping onto the towel to strengthen the tendons inside your foot.

Marble Pick Up- Place different sized marbles around the floor next to your feet. Pick up each marble with your toes to encourage strengthening.

Ankle Theraband – Doing each exercise with the theraband for ankle strength, encourages the foot to become stronger as well.

Works Cited

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