

Sesamoiditis

Background

1. Pain under 1st metatarsal head w/wt bearing or movement at 1st metatarsophalangeal (MTP) joint

Pathophysiology

1. Overuse injury from repetitive plantar flexion
2. Commonly occurs w/preexisting foot deformities
 - Forefoot Valgus
 - Pes cavus

Diagnostics

1. Pt complains of pain w/jumping, pushing off to run
2. Swelling and pain at sesamoid
 - Painful hallux dorsiflexion
 - 1st MTP joint restricted motion
 - Pain w/dorsal palpation over sesamoid bone
3. Imaging
 - Wt bearing AP, lateral
 - Sesamoid view (oblique coronal)
 - X-ray usually normal
 - Bone scan, CT or MRI if high suspicion

Therapeutics

1. RICE
2. NSAIDs
3. Well-cushioned shoes w/orthotic inserts/ metatarsal pads to relieve 1st metatarsal stress
4. Cortisone injection may be considered
5. Rare surgical resection for persistent pain

Prognosis

1. Return to play
 - Cleared when pain adequately relieved
2. Complications
 - Sesamoid fracture

Patient Education

1. <http://www.mayoclinic.com/health/sesamoiditis/AN00978>
2. <http://orthoinfo.aaos.org/topic.cfm?topic=A00164>

References

1. Wall J, Feller JF. Imaging of stress fractures in runners. Clin Sports Med 2006; 25(4):781-802.
2. Umans HR. Imaging Sports Medicine Injuries of the Foot and Toes. Clin Sports Med 2006; 25 (4): 763-80.
<http://www.emedicine.com/sports/topics39.htm>

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