



What is Sesamoiditis?

There are two small bones under the big toe joint called the Sesamoid bones. The Sesamoids are connected by tendons which absorb the weight on the ball of the foot during walking or running. These bones can get inflamed or even fractured.

What causes symptoms of sesamoiditis?

Excessive walking, running or standing. Other causes include; high impact sports such as football, basketball or dance; and footwear; trauma; bunions or the alignment of your foot such as flat feet (Lowered arch) can also contribute.

What are the symptoms?

- Dull ache beneath the big toe on the ball of the foot.
- There may be some redness, heat or swelling beneath the big toe joint.
- There may be stiffness in the big toe joint.
- Difficulty walking even in footwear.

What treatments are available?

- Stop the activity causing the pain and avoid any activities which apply pressure on the area.
- Consult your GP or pharmacist about taking nonsteroidal anti-inflammatory drugs (NSAIDs)
- Rest and ice the sole of your feet.
- A pad may be placed in the shoe to cushion the area.
- Return to activity gradually, and continue to wear a cushioning pad to cushion the sesamoids
- Avoid any activities which apply direct pressure on the area.
- Steroid injections may help to reduce swelling.
- Custom orthotic devices to balance the pressure applied to the ball of the foot for long term treatment of sesamoiditis.
- If symptoms persist you may be re-referred for immobilisation or surgery.

How can we help?

There are many differential diagnosis for pain in the ball of the foot and it is essential to have your GP or Podiatrist assess your foot. Your Podiatrist will determine the diagnosis in the initial assessment. At the end of the assessment you will be provide with a short, medium and long term treatment plan specific to your symptoms.

Contact us now

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