

## What is Turf Toe?

The most simple explanation of turf toe is that it is a sprain of the big toe joint. It happens when the toe is forced into hyperextension, such as when athletes push off at the start of a sprint.

Turf toe may occur in any sport or activity when the front or the foot is fixed on the ground, the heel is raised, and an external force pushes the big toe joint into hyperextension. Common sports are football, athletics and road running.

## What are the symptoms of Turf Toe?

- Pain around the big toe joint on flexion.
- Pressure from footwear causing pain on the big toe joint.
- Difficulty walking.

## What are the classifications of Turf Toe?

- Grade 1. The big toe joint on the bottom has been stretched causing pin-point tenderness and slight swelling.
- Grade 2. A partial tearing of the structures on the bottom of the big toe joint causing more widespread tenderness, moderate swelling, and bruising. Movement of the toe is limited and painful.
- Grade 3. The soft tissue structures on the bottom of the joint are completely torn and cause severe tenderness, severe swelling, and bruising. It is painful to move the big toe with movement restricted due to pain.

## What should I do?

Dependent on the classification, there are many conservative treatments which may be offered and include:

- RICE Protocol. Use ice to reduce pain and swelling. (Anti-inflammatory pain killers can also be used and you should discuss this with your GP or pharmacist).
- Padding, strapping or immobilization.
- Shoe modifications.
- Orthotics to help with the altered walking pattern.
- In rare but severe cases X rays may be required and onward referral to a Consultant.

## How can we help?

Your Podiatrist will determine the grade of turf toe. It is important to differentiate between other foot issues and rule out any other potential problems.

At the end of the assessment you will be provided with a treatment plan specific to your symptoms to help you manage this condition.

## Contact us now

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