

Hallux Rigidus (Big Toe Arthritis)

What is it?

Hallux rigidus is arthritis of the big toe joint. It leads to stiffness, pain, and difficulty bending the toe—especially while walking.

Common Symptoms

- Pain when pushing off during walking
- Limited toe motion
- Swelling or a bump on top of the joint

Treatment Options

- Non-surgical: Shoe inserts, anti-inflammatory meds, activity modification
- Surgical: Bone spur removal, joint fusion, or joint replacement (based on severity)

When to Seek Help

If walking becomes painful or toe motion is limited, early treatment can prevent it from worsening.