

# Sesamoiditis



Pain on the bottom of the foot at the base of the great toe is characteristic of sesamoiditis. Symptoms usually originate from excessive, repetitive loading to this area of the foot. Often patients will have a higher arched foot.

Treatment involves avoiding activities that aggravate symptoms; inserts that offload the involved area, comfort shoes, anti-inflammatory medications if tolerated, and possibly corticosteroid injections. Patience is required as it often takes time to successfully manage the symptoms of sesamoiditis.

Symptoms can originate from a variety of pathologies that affect the sesamoid bones, but discomfort is usually associated with excessive loading of this area of the foot resulting from:

1. A trauma to the area
2. A recent increase in repetitive weight-bearing activities.
3. A rapid increase in athletic activities

Pain from this area is usually described as sharp and severe at times, and most patients can pinpoint the location with one finger (i.e., the sesamoid itself). The discomfort they experience often leads to a restriction of activities, changes in shoe wear, and possibly even a limp. Patients will often find it uncomfortable to walk with bare-feet or on hard surfaces.

## Orthotic Intervention:

- **Offload by gently with a metatarsal pad behind the great toe**
- **Create a cut-out directly under the sesamoid area**
- **Anatomically appropriate arch support**
- **Rear-foot control**

