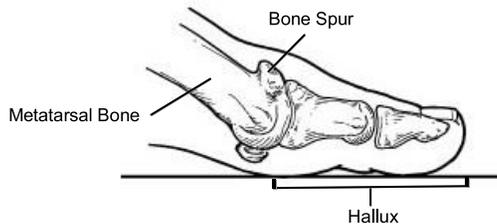


# 1st Metatarsophalangeal Joint Osteoarthritis (Hallux Rigidus)

**Pain and stiffness in the big toe joint caused by osteoarthritis**

Hallux Rigidus is a progressive condition that arises when degenerative arthritis causes the hallux (big toe) to jam against the adjacent bone (metatarsal head). This causes a loss of cartilage, joint space, and the joints' natural lubrication. This leads to inflammation, pain and a reduced range of motion of the joint. Additional bony growth (spurs) can also occur.



To treat this condition, the mobility of the joint needs to be restricted to prevent the bone-on-bone jamming. This is accomplished by wearing a custom-made orthotic with a rigid splint built under the big toe and supportive rocker-soled shoes.

### Further treatment modalities include:

- Orthotics
- Orthotic Adjustments
- Orthopaedic footwear (Rocker Soled)
- Shoe Spot-Stretching to Accommodate Spurs
- Anti-Inflammatories (Oral and Topical)
- Injections: Steroid (Depo-Medrol, Kenalog, Decadron)
- Lubrication (Viscosupplementation)
- Blood (PRP - Platelet Rich Plasma)
- Casting (Walking Boot)
- Surgery

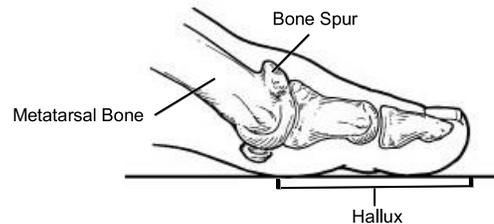
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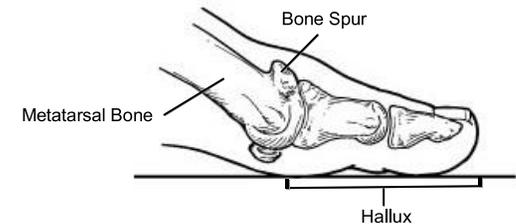
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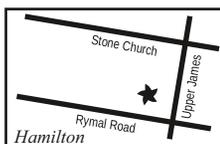


### TENDER MEDICAL TREATMENT FOR:

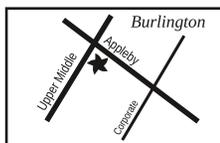
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic footwear
Custom orthotics	Shoe modifications
Compression Hose	Custom bracing

### FOOTCARE PLUS:

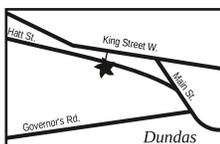
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to Family Physician
7. Fully private treatment suites
8. Licensed to prescribe medications if necessary
9. Recognized by major insurance carriers
10. Direct billing to many insurance companies



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 Dundas, Ontario  
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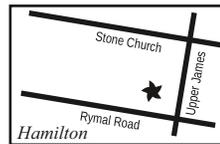


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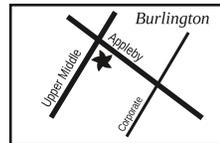
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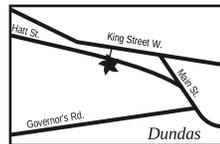
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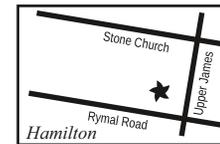


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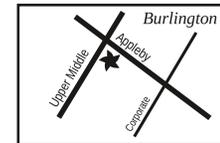
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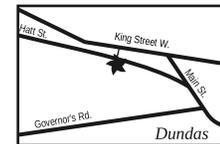
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