

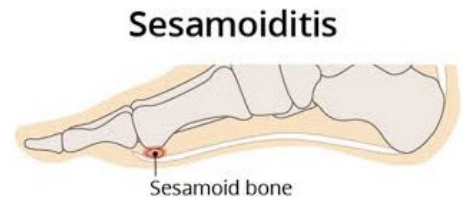
Sesamoiditis of the Foot

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Causes, Symptoms, and Treatment

What Is Sesamoiditis?

Sesamoiditis is a condition that affects the sesamoid bones, small pea-shaped bones embedded in tendons near joints. In the foot, these bones are located under the ball of the foot, just behind the big toe. They help with weight-bearing and leverage during walking, running, and other activities.



Causes of Sesamoiditis

Sesamoiditis is commonly caused by overuse, resulting in inflammation of the tendons surrounding the sesamoid bones. Other potential causes include:

- **Repetitive activities** like dancing, running, or high-impact sports.
- **Footwear choices**, such as high heels or poorly fitted shoes.
- **Abnormal foot structure**, such as high arches or flat feet.



Symptoms of Sesamoiditis

People with sesamoiditis often experience the following symptoms:

1. **Pain** under the ball of the foot, especially during walking or running.
2. **Swelling and redness** in the affected area.
3. **Difficulty bending the big toe** or bearing weight on the ball of the foot.

Diagnosing Sesamoiditis

A healthcare provider may diagnose sesamoiditis through:

- **Physical examination** to check for tenderness or swelling.

- **Imaging tests** like X-rays, MRI, or ultrasound to confirm inflammation or rule out fractures.



Treatment Options for Sesamoiditis

Treatment for sesamoiditis often involves conservative methods:

1. **Rest and Ice**
 - Reduce activity levels to prevent further irritation.
 - Apply ice packs to the affected area to reduce swelling.
2. **Footwear Modifications**
 - Wear low-heeled, supportive shoes with cushioned soles.
 - Use orthotics or pads to reduce pressure on the sesamoid bones.
3. **Physical Therapy**
 - Stretching and strengthening exercises to improve foot mechanics.
4. **Medications**
 - Over-the-counter anti-inflammatory drugs to manage pain and inflammation.
5. **Injections or Surgery** (*for severe cases*)
 - Corticosteroid injections to reduce inflammation.
 - Surgery to remove the sesamoid bone if other treatments fail.



Preventing Sesamoiditis

- Wear appropriate footwear for activities.
- Avoid high-impact activities that strain the ball of the foot.
- Incorporate stretching and strengthening exercises into your routine.

Conclusion

Sesamoiditis, while painful, can often be managed effectively with proper care and treatment. Early intervention is key to avoiding chronic discomfort. If symptoms persist, consult a healthcare provider for advanced treatment options.