

Sesamoid Disorders

Significant History 1

- +/- History of Trauma
- Acute or Insidious Onset
- Isolated Problem or Associated c other 1st MTP joint pathology

Significant Findings 2

- +/- Swelling, Effusion, Dislocation
- Pain on 1st MPJ ROM
- Localized Pain c Weight-Bearing

RADIOGRAPHS

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- Fracture (acute, stress) 3
- Avascular Necrosis
- Arthritic Changes
- Soft Tissue Swelling

Diagnose & Treat Appropriately

- Capsuloligamentous Injury 4
(Acute "Turf Toe")
- Chondromalacia
- Flexor Hallucis Tendinopathy

Period of Symptomatic Treatment
Re-Evaluate after period of
Observation and Treatment

CLINICAL RESPONSE 5

IMPROVEMENT 6

- Continue Treatment until Symptoms Resolve

NO IMPROVEMENT 7

- Re-Evaluate
- Consider Imaging
 - Tc Scan
 - MR
 - CT

Pathway 5