

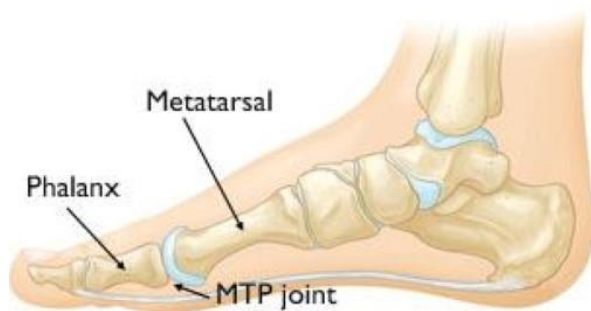


---

## Turf Toe

### What is it?

Turf toe is a sprain of the main joint of the big toe. It can occur when the toe is bent into hyperextension and often associated with football but can occur in numerous sports and activities. The particular joint that is injured in turf toe is called the metatarsophalangeal joint (MTP). This is the joint between the first long bone of the foot (metatarsal) and the first bone of the toe (phalanx). There are numerous structures at the MTP joint known as the plantar complex and these can be injured during the hyperextension.



### What are the symptoms?

Turf toe injury can cause acute pain, stiffness and swelling of the big toe. Often it will be difficult to hyperextend your MTP joint without pain.

### How is it treated?

- Rest – taking a break from activity and avoid walking or putting weight on foot
- Ice – Use cold packs about 20 minutes, several times a day. Do not put ice directly on skin.
- Taping – taping big toe to small toe can help restrict motion
- Stiff-sole shoes (to limit motion) or walking boot depending on symptoms and severity of injuries
- If conservative treatment does not heal the injury or the injury is more severe, surgical repair may be indicated