



When your big toe will not bend

The joint at the base of the toe is called the metatarsophalangeal (MTP) joint. This is a joint that bends each time you take a step to help your big toe push off and allow you to follow through the walking cycle. This is one of the essential joints that needs to function in a pain-free fashion to allow you to proceed with your everyday activities and exercise activities. Pain in this area can be debilitating to a patient and affect their active lifestyle.

Degenerative arthritis is found more often in the MTP joint than other location in the foot. A bone spur can often develop in the area at the top of the metatarsal bone. This bone spur makes it difficult to move the great toe and causes increased pressure from shoe gear, which can become tight. The medical term for when the MTP joint has decreased motion is hallux limitus. Hallux limitus can have many causes. It can be a simple overuse injury to longstanding abnormal mechanics that are congenital to an injury sustained from trauma both with and without shoe gear.

Hallux limitus is a condition that when treated early can have a significantly high success rate and the patient can return to an active

lifestyle in a short period of time. A podiatric examination and x-rays are utilized to accurately diagnosis a hallux limitus condition. Treatment can consist of some simple conservative measures such as modification in shoe gear, non-custom and custom orthotic appliances, and sometimes injection therapy. If the great toe pain does not decrease after attempts of conservative therapy, then surgical procedures can bring long-lasting relief with a long-lasting satisfaction of this condition. If surgical intervention is needed, the earlier you begin treatment, the less extensive the surgery will be and the sooner normal activity is returned.



Karen K. Luther, D.P.M., Director of Pittsburgh Family Foot Care, P.C., Chief of Podiatry, UPMC Mercy Hospital, Board certified, American Board of Podiatric Surgery, Board certified, National Board of Podiatry Examiners, Doctor of Podiatric Medicine, Pennsylvania College of Podiatric Medicine. 2001 Waterdam Plaza Drive, Suite 207, McMurray, Tel: 724.941.9440 www.pffpc.com

Just ask: Relo

Relo Answers All Your Questions

Jim Dolanch and Team understand the importance of helping you save time. That's why they have developed Relo, a hassle free, no-obligation way to answer all your real estate questions. Simply visit www.JimDolanch.com

WHY WAIT?
Buy Your Dream Home TODAY!

Jim Dolanch & his Team of Buyer Specialists now offer **Job Loss Protection.**

Visit www.JimDolanch.com for more details

(724) 941 8680 ext. 208
Info@JimDolanch.com

ENERGY CREDITS

30% Energy Tax Credits up to \$1500*

**WINDOWS
SKYLIGHTS
EXTERIOR DOORS
KITCHENS
BATHS
AND SO MUCH MORE**

- In Business 39 Years
- Insured • BBB
- Free Estimates
- No "Sales Gimmicks" Just Fair Pricing
- "Top 50 Remodelers Nationwide"

CLARK Construction Company

VISIT OUR SHOWROOM

3180 INDUSTRIAL BOULEVARD • BETHEL PARK, PA

MON., TUES, THURS., FRI. 8 - 4:30
WED. 8 AM - 8:30 PM

412-833-7222

WWW.CLARKREMODELING.COM

*Must meet certain energy factors to qualify.
Tax Credits given on your 2009 & 2010 Federal Income Tax Returns.