

# Hallux rigidus

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This article has been translated from WikiSkripta; ready for the **editor's review**.

**Hallux rigidus** means **stiff** thumb.

## Etiology

- Arthrosis of the MTF joint of the thumb;
- in some professions – tiler;
- in some sports – football, mountain climbers;
- after inflammation;
- after operations on the lateral thumb - with incorrect follow-up treatment.

## Clinic

The MTF joint **gradually hardens**. osteophytes form on the dorsum of the head of the first metatarsus and the base of the proximal phalanx. Thumb extension limited, pain present when walking.



Arthritic hallux rigidus

## X-ray image

Signs of **arthrosis of the MTF joint of the thumb, osteophytes** around the joint .

## Therapy

Mostly operative.

Resection of 1/3 of the base of the base of the big toe (like the Keller-Brandesova operation) and ablation of the marginal osteophytes on the first metatarsal head.

## Links

### related articles

- Finger deformities
- Hallux varus
- Hallux valgus
- Digitus malleus

## References

- SOSNA, A – VAVŘÍK, P – KRBEČ, M, et al. *Základy ortopedie*. 1. edition. Triton, 2001. pp. 175. ISBN 80-7254-202-8.