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Hallux rigidus: How do I approach it?

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Abstract

Hallux rigidus is a degenerative disease of the first metatarsalphalangeal (MTP) joint and affects 2.5% of people over age 50. Dorsal osteophytes and narrowed joint space leads to debilitating pain and limited range of motion. Altered gait mechanics often caused as 110% of the body force transmit through the 1st MTP joint during gait cycle.

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