

## Sesamoiditis

There are two very tiny bones in your feet called sesamoids that you probably didn't even know existed, but when aggravated, can result in sesamoiditis. The sesamoid bones in your feet are not connected to other bones, as is usually the case. Instead, these tiny corn kernel sized bones are connected to tendons within your muscle. Fun fact - your kneecap is the largest sesamoid bone in your body. The sesamoids are located on the bottom of your foot directly below the big toe. They help with weight bearing and in allowing tendons to move smoothly and like any other bones they can break.

When the sesamoids become irritated and the surrounding tendons get inflamed, the result is a condition called sesamoiditis. This foot condition is a form of tendonitis. Sesamoiditis typically comes on slowly over time and without early and appropriate treatment can turn into a painful chronic condition.

### Risk Factors

Unlike some hereditary foot conditions that can't be escaped, sesamoiditis is one that can be prevented if certain things and activities are avoided. A common cause is overuse through activities that put a lot of pressure on the ball of the foot. Other causes include:

- Consistent impact on feet with wearing high heels
- Activities such as running, dancing, basketball and catching in baseball
- A job that requires a lot of squatting
- Having high arches
- Being over 60 years of age

### Symptoms

The impact on feet when we walk and run is great. With a condition such as sesamoiditis, it is important to take note of symptoms early and seek treatment as soon as possible. Turf toe and metatarsalgia are two other conditions that can accompany sesamoiditis therefore knowing what symptoms to look for will help accurately diagnose the source of your pain. Pay close attention if you have the following symptoms:

- A dull, persistent pain in the bottom of your foot and under your big toe
- Restricted movement of your big toe
- Tenderness in the ball of your foot
- Pain in the ball of your foot that comes and goes depending on footwear and activity

### Treatment

Dr. Danciger, a foot and ankle specialist in Coachella Valley, CA has found that conservative measures are usually effective in treat sesamoiditis. It is only when these conservative means fail that Dr. Danciger would suggest surgery to remove the sesamoid bones. Depending on the severity of the injury, one of the following or combination of can treat a case of sesamoiditis:

- Rest and ice
- Avoidance of activity that aggravates the condition
- Orthotics
- Cushioned pads
- Injections to reduce swelling
- Physical therapy

If you are suffering with the foot pain described here, it is time to find help. Please call our podiatric office at (760) 568-0108 and schedule an appointment. Dr. Danciger also has several complimentary books that you can order by visiting our homepage and clicking on your desired book.