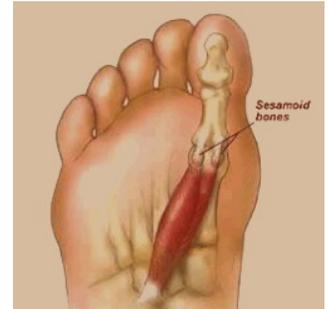




## Sesamoiditis

### What is Sesamoiditis?

Sesamoiditis is a condition where the sesamoid bones in the foot are irritated, inflamed and painful. Sesamoid bones are tiny pea-sized bones found throughout the body that aid in the mechanical action of tendons. Due to their location, the sesamoid bones in the foot are more prone to injury and are a common area of pain in athletes. The sesamoid bones of the foot are found under the big toe, in the 'ball of the foot', and are constantly compressed when walking, running and standing. Activities and sports that involve repeated impact to the foot, such as running and jumping, often lead to sesamoiditis.



### What are the signs and symptoms?

The symptoms of sesamoiditis can vary for each person, but may include:

- ✓ Increased pain with walking and weight-bearing activities, especially when weight is transferred to the ball of the foot.
- ✓ The pain usually starts as mild, with no specific injury, but increases over time as the athlete continues with activities.
- ✓ Pain when there is direct pressure to the area.
- ✓ Pain decreases shortly after pressure is taken off the joint.

### How do we treat it?

- Rest: avoid impact activities until no longer painful.
- Ice the area before and after activities, 20 minutes at a time.
- Use over-the-counter pain medicine such as Ibuprofen or Advil help with pain/swelling.
- Use orthotic insoles to help correct gait and cushion the foot.
- Proper fitting shoes that allow enough room for the foot during activities.
- Your doctor may order physical therapy to improve running form and mechanics.

### What is the recovery time?

Pain will usually go away within 2-4 weeks with rest and rehab, but may last longer if the athlete continues to participate in activities. While there are usually no long-term health problems connected to this condition, pain can last for months if not properly treated. In rare cases, the bone can develop a stress fracture and need much longer healing time. In situations where the athlete experiences on-going pain and discomfort, the bones can be surgically removed, however this is a last resort and usually not advised.

### References:

Children's Hospital Colorado Sports Medicine Program for young athletes  
American Academy of Pediatrics  
American Medical Society of Sports Medicine