

# A new option in the conservative treatment of hallux rigidus and hallux valgus

**Martin Talke**

Doctor for orthopaedics, rheumatology, physical therapy, sports medicine, Berlin

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## **Summary**

Patients who complain of considerable pain and restricted movement due to changes in the metatarsophalangeal joint of the big toe are very common in an orthopaedic practice. Before the surgical correction of underlying malposition, all possibilities of conservative treatment should be exhausted. A study was therefore carried out in 22 patients with hallux rigidus or hallux valgus to investigate the efficacy and tolerability of a new treatment option, namely the administration of fermentation-produced exogenous hyaluronic acid into the metatarsophalangeal joint of the big toe (a total of three injections with at weekly intervals). Several evaluation parameters (pain at rest, pain on standing and walking), showed that the patients' pain symptoms and the resulting restriction of movement improved in a clinical and statistically significant manner during the course of treatment. The beneficial carry-over effect of treatment using this new procedure is of particular note: findings twelve weeks after the last injection were very similar to those determined one week after the third injection. Overall, the Investigators and patients evaluated treatment success as positive in 85.7% of cases. Since the intra-articular treatment of the hallux valgus and rigidus with extractive hyaluronic acid was also shown to be well tolerated, the benefit-risk assessment of this new therapeutic option is very favourable.

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