

Hallux Limitus and Dynamic Splinting: A Retrospective Series

by Stanley R. Kalish, DPM, FACFAS¹, F. Buck Willis, PhD²

The Foot and Ankle Online Journal 2 (4): 1

Hallux limitus (HL) is commonly seen following contusions or surgical procedures at the metatarsal joint of the great toe. The purpose of this retrospective study was to examine dynamic splinting for treating HL. Sixty-one cases were examined to measure difference between HL from contusion, bunionectomy, or cheilectomy. After a mean duration of 4.2 weeks in treatment with the metatarsal dynasplint (MDS), there was a significant change for all patients ($P < 0.0001$) with a mean 73% gain in dorsiflexion at the metatarsal joint. The lack of difference between groups ($P > 0.005$) shows the consistent benefit of MDS for HL contracture reduction.

Key words: Hallux limitus, dynamic splinting, first metatarsophalangeal joint

Accepted: March, 2009 **Published:** April, 2009

This is an Open Access article distributed under the terms of the Creative Commons Attribution License. It permits unrestricted use,