

A guide for patients with sesamoiditis

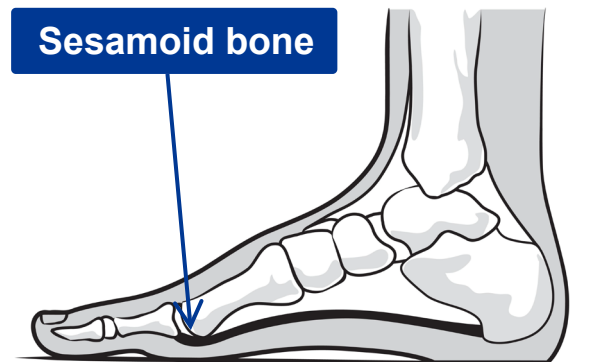
This leaflet is for people who have been told they have sesamoiditis. It explains the condition and what can be done to help if it is painful. It gives key words that may be useful if you want to search for more information on the internet.

What is sesamoiditis?

Under the ball of your foot there are two small bones, attached to separate tendons that run underneath the foot to the big toe. They act as a pulley, increasing the force with which the big toe may be pressed down. Unfortunately they are prone to injury and when they are inflamed, it is known as **sesamoiditis**.

What are the symptoms?

Pain under the ball of your foot when walking, running, standing on tiptoe or when applying direct pressure. Because the bones are deep within the foot, it is unusual to see any redness or inflammation.



What causes the pain?

Increased activity, for example taking up a new job or leisure activities can cause symptoms, particularly sports that involve jumping. Pain can also be caused by wearing high heeled shoes or sometimes a trauma, for example, stepping down heavily from a ladder or step, can trigger the problem.

What should I do if I have sesamoiditis?

Rest, or at least reduce your activity, to allow the symptoms to settle naturally. Avoid shoes with a heel, unless you have limited upward movement at the ankle (called ankle equinus). If your foot rolls inwards an arch support may help. You can also buy medication from the pharmacy to reduce inflammation – ask at the counter.

Can treatment help?

The first treatment we offer is usually an insole specially made to offload the sesamoids and relieve stress on the bones. If the problem does not get better then a cortisone injection can be considered and occasionally it is necessary to have surgery, but this is avoided wherever possible.

As it's a bone, do I need an x-ray?

Not always. If your symptoms get better with changes in activity and an insole, then an x-ray is not needed. Although an x-ray will confirm the diagnosis, it also exposes your body to radiation, something that is best kept to a minimum for your own safety. An x-ray may be carried out and will be helpful, if you are considering surgery.

Where can I find out more?

If you have any questions we are happy to help. You may also like to search '**sesamoiditis**' on the internet for more information.

Contact us

Outpatient clinics

Phone: 0300 123 6756

Press 1 for clinics in Ashford, Dover, Deal and Folkestone

Press 2 for clinics in Canterbury, Faversham, Herne Bay, Whitstable and Thanet

Press 3 for clinics in Dartford, Gravesham, Swanley, Sittingbourne and Sheppey

Press 4 for clinics in Maidstone, Sevenoaks and Tonbridge

Press 5 for clinics in Medway.

Podiatric surgery

Phone: 0300 123 1540 and press 1.

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Customer Care Team

If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the **Customer Care Team**.

Phone: 0300 123 1807, 8am to 5pm, Monday to Friday

Please say if you would like the team to call you back

Text: 07899 903499 **Email:** kcht.cct@nhs.net

Address: Customer Care Team, Kent Community Health NHS Foundation Trust, Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ **Web:** www.kentcht.nhs.uk

If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

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