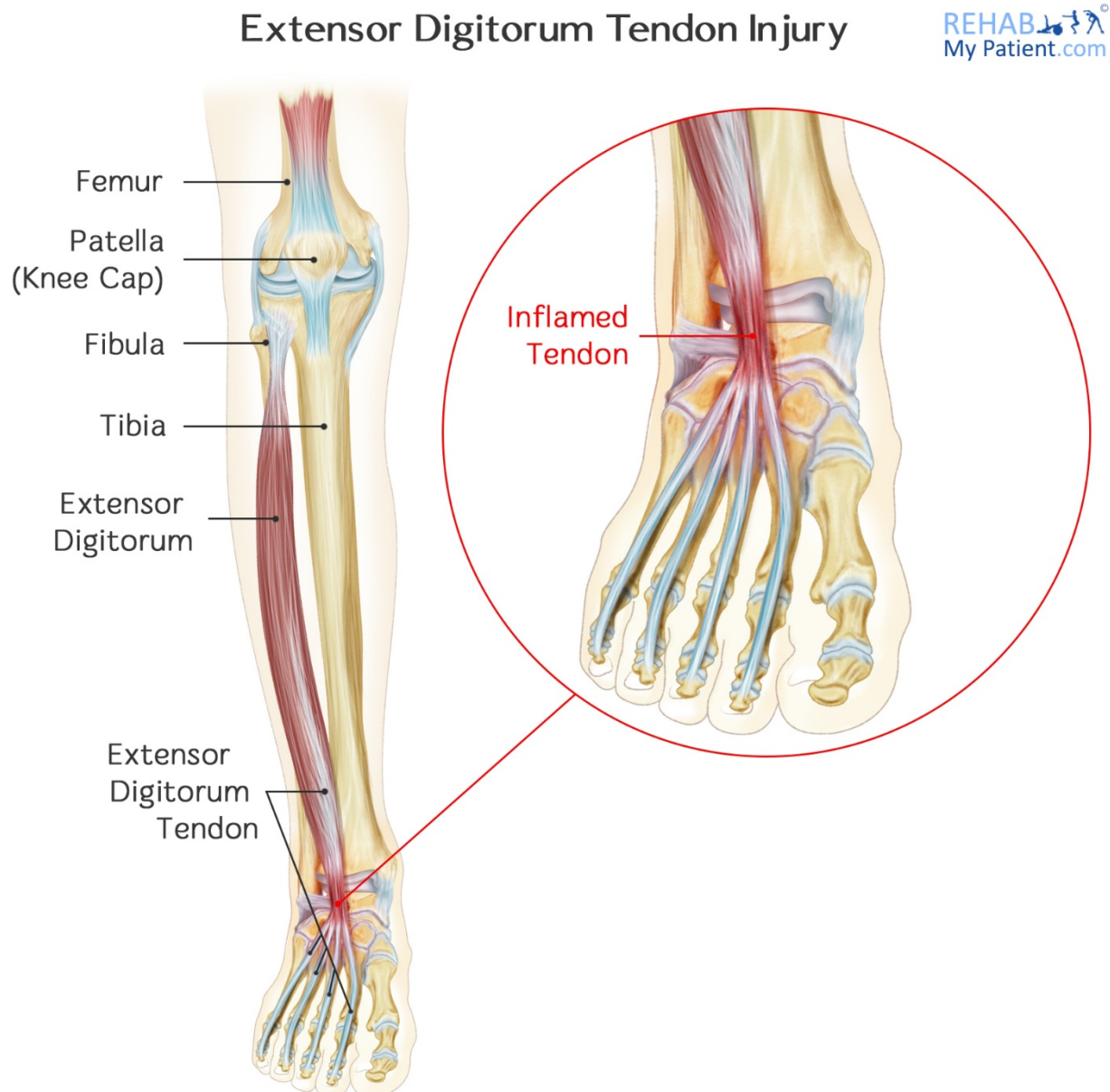


Extensor Digitorum Tendon Injury

Extensor digitorum tendinitis is an inflammation of the tendons that serve the role of straightening the toes. They run along the top part of the foot. Pain that worsens when running could be the result of the tendons being stretched. If you are having problems with curling your toes, it may be that you have swelling on the top part of your foot.

Extensor Digitorum Tendon Injury Anatomy

The extensor tendons for the toes are fibrous extensions for the muscles located along the front side of the lower leg, which help to extend the toes. Two main extensor tendons are present: the extensor digitorum longus tendon and the extensor hallucis longus tendon. Both of these tendons pass along the front of the ankle traveling up to the surface of the foot before finally being inserted into the bones of the toes. The tendons help to extend the toes when climbing or walking.



How to Treat an Extensor Digitorum Tendon Injury:

1. Rest

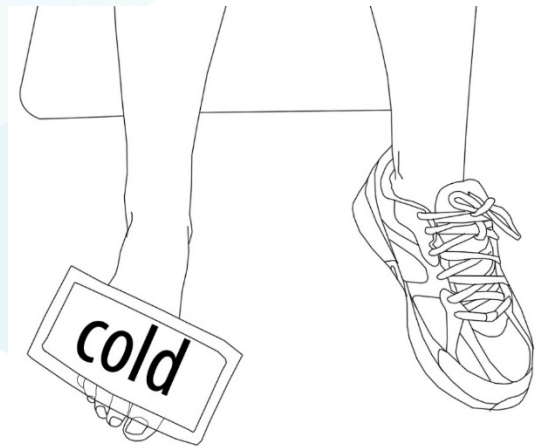
If you find that you are experiencing pain in one of your tendons, you need to take the time to rest and allow the area to heal. Avoiding any of the activities that cause you pain is one of the first steps in helping to alleviate the swelling and inflammation, as well as providing the area with the time it needs to heal.

2. Change Your Shoes

Make sure you wear shoes that fit properly. If you wear shoes that are too tight and constricting, you will cause an extensive amount of damage to your foot and toes. You need to make sure there is an ample amount of space in the forefront of the shoes to avoid crushing the digits and causing injury.

3. Ice

Even though not everyone will experience relief using ice or cold therapy, it has been proven effective for a number of different people. Applying an ice pack for 20 minutes at a time every couple hours can help to minimize the swelling and relieve the pain in the foot.



© rehabmypatient.com

4. Exercise

Follow a provided regime of strengthening exercises to help make sure your muscles are not too tight and causing an undue amount of pressure and pulling on your tendons in the foot.

5. Medication

An anti-inflammatory medication can help to reduce the swelling and pain in the foot. If the problem is long-term, a steroid injection might need to be administered. Talk to your doctor about the risks of medications first.

Tips:

- When it comes to your shoes, you don't want to lace them too tightly. In doing so, you are going to constrict the movement of your foot and toes and cause undue pressure on the tendons.
- Try to minimize the amount of use you are placing on your tendons to prevent an injury from occurring.
- Shoes that don't fit properly are one of the main causes of injury to the area.
- Running uphill will make the extensor muscles have to work harder, which can cause injury to the foot.