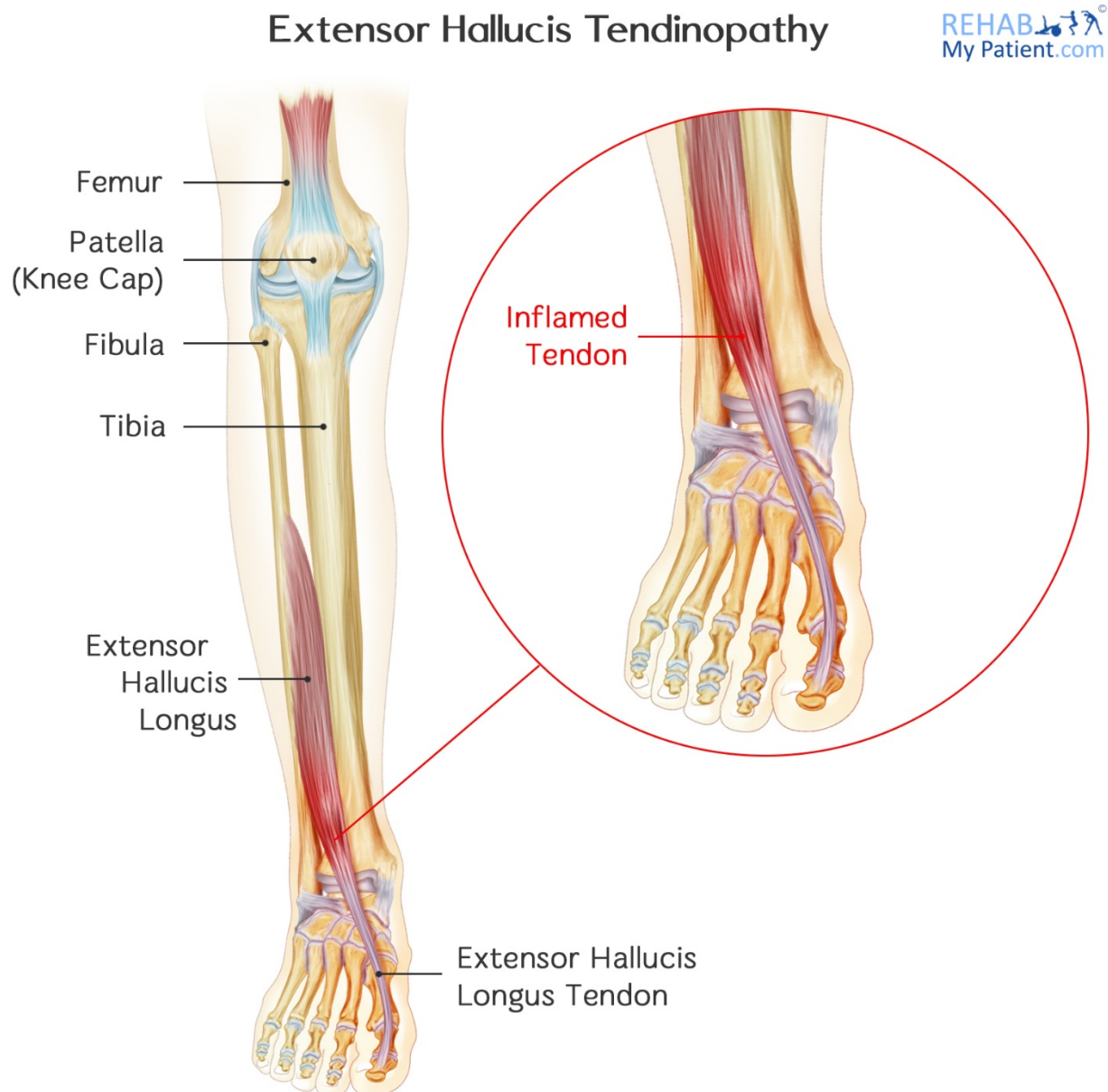


Extensor Hallucis Tendinopathy

When the extensor hallucis muscle contracts, tension is placed on the tendon. If the tension becomes too much because of an extreme amount of force or too much repetition, damage to the tendon might occur. This condition is often characterized by damage to the tendon accompanied by inflammation and degeneration. The extensor hallucis muscle and tendon pulls the big toe towards your shin and the pain is usually situated above the big toe or along the outside of the shin. Some texts refer to this condition as extensor tendonitis.

Extensor Hallucis Tendinopathy 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 Extensor Hallucis Tendinopathy:

1. Physiotherapy / Physical Therapy

Most of those who are dealing with this condition will heal considerably well by going through an appropriate physiotherapy program. The rate of success when using this treatment method is largely dependent upon the compliance of the patient. One of the main components to succeeding in the treatment is that you have sufficient rest from any type of activity that is causing pain to increase, until such time as you are free of symptoms. This lets the body have ample time to heal and prevent causing any additional tissue damage. Once you are able to perform all of the activities without pain, you will be able to slowly return to your regular activities as long as there is no increase in symptoms.

2. Anti-Inflammatory Medication

Taking an anti-inflammatory medication can help dramatically, especially when in the first part of the condition. When the inflammation and pain is just beginning, these medications can help to reduce their effects significantly.

3. Exercise

Slowly beginning a flexibility, balance and strength program will ensure you achieve the best possible results. You don't want to jump into the program too quickly, so make sure to follow a graduated plan to get where you want to be and on the path to healing and recovery. Exercises that strengthen the medial arch of the foot can also be useful.

4. Ice

Once you notice the swelling and inflammation, you can apply ice to the affected area for 20 minutes at a time once every couple hours. Using this treatment method for the first couple days will help to minimize the amount of swelling and decrease the pain at the same time.

Tips:

- Avoid wearing shoes that are too big when engaging in any training routines.
- Flat feet is one of the leading causes of extensor hallucis tendinopathy.
- Before beginning any exercise routine, you need to make sure you take the time to warm-up properly.
- Regardless of what type of activity you participate in, you need to make sure you are using the proper technique to avoid injuring your muscles and tendons.
- When an injury occurs, you need to engage in a proper rehabilitation program to make sure the injury has time to heal properly.



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