

Orthotic Management For Athletic Injuries

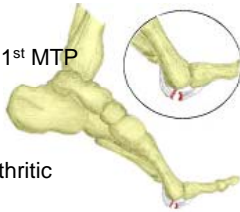
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Turf Toe

- Common in athletes playing on firm, artificial turf

- Forceful extension of the 1st MTP joint
- Injury to the joint capsule
- Untreated, can lead to Arthritic Joint Changes
 - Hallux limitus
 - Hallux rigidus



Turf Toe

- Goal of Orthotic Treatment

- Limit Great Toe Extension
- Helping joint capsule to heal

- Carbon Footplates
- Total Contact FO
- Metatarsal support