



**Arthroscopic treatment of the early stages of the first metatarsophalangeal joint results in good clinical outcomes and pain relief in two years of follow-up.**

One of the most common disorders of the first metatarsophalangeal joint is hallux rigidus, which results in pain, deformity and limited range of motion. Once the osteoarthritis changes progress, arthrodesis or total arthroplasty might be indicated.



The authors have no conflicts of interest to declare.

We included twelve patients with chronic pain within 1 MTP joints and X-rays with no abnormalities for this study.

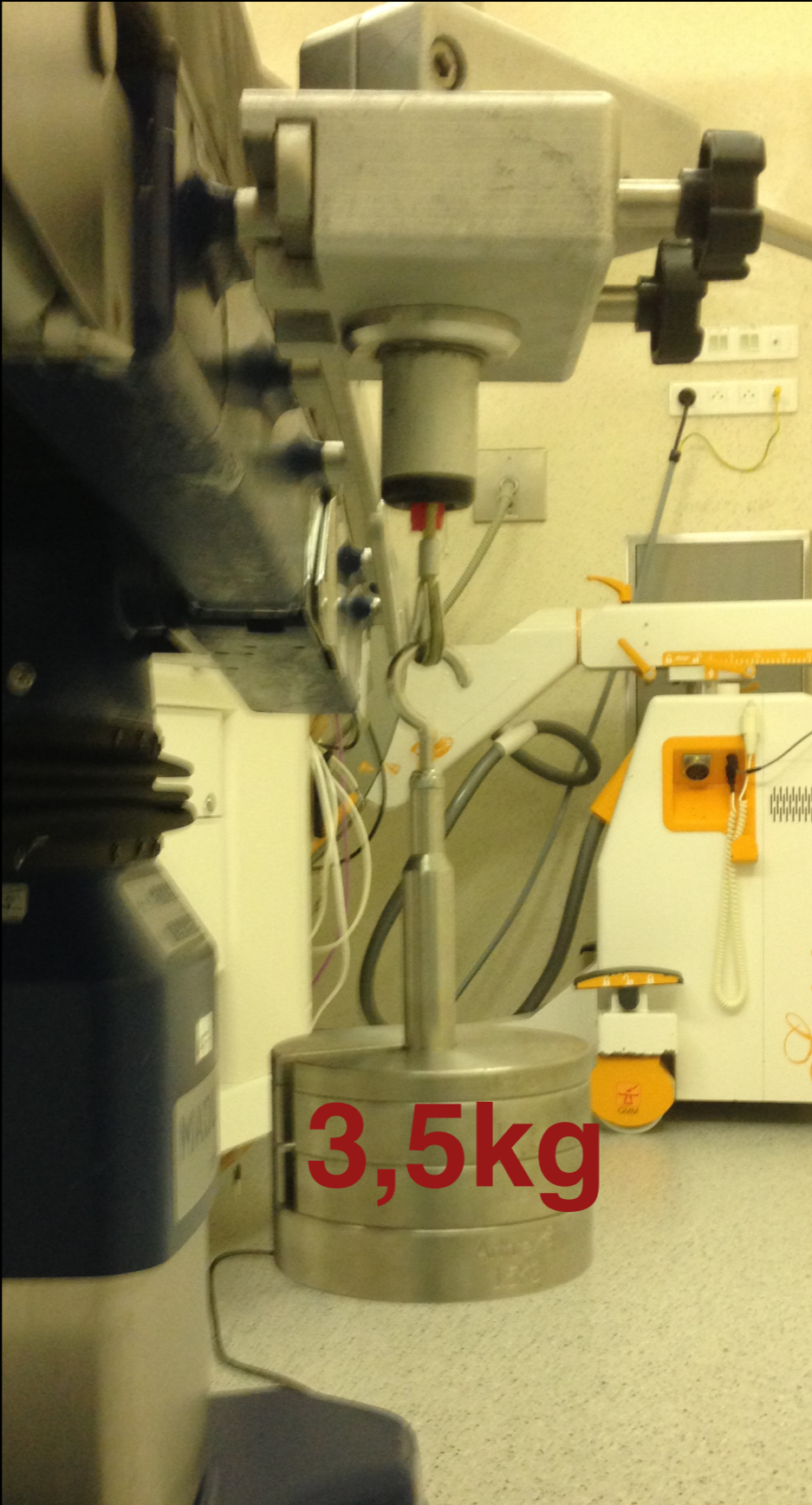


MRI of the forefoot was performed in all patients. Grade IV chondromalacia was diagnosed in all patients on the articular surface of the head of the 1 MTP.



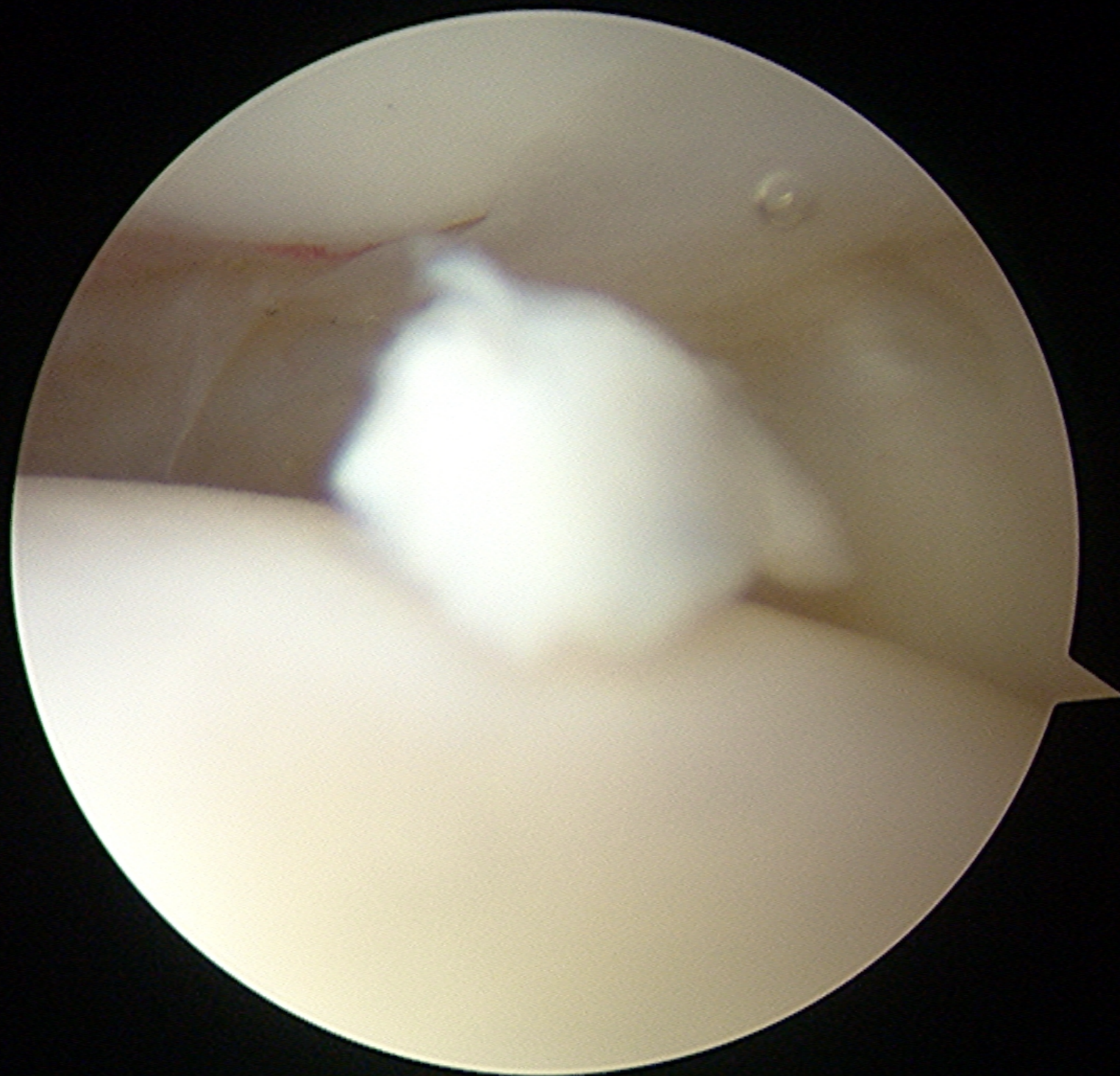
All patients underwent arthroscopic debridement and microfractures.





004\*

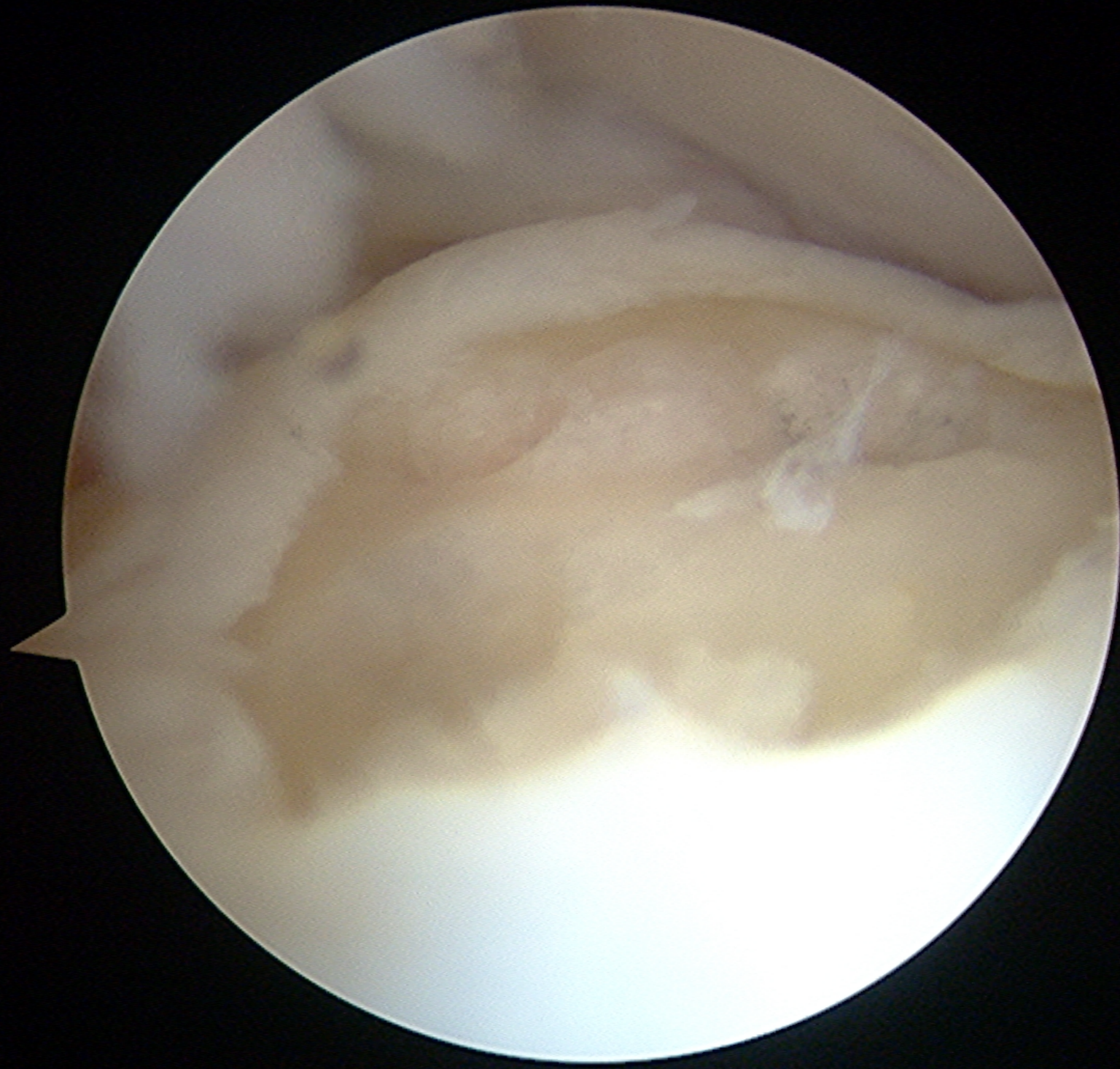
REC\*





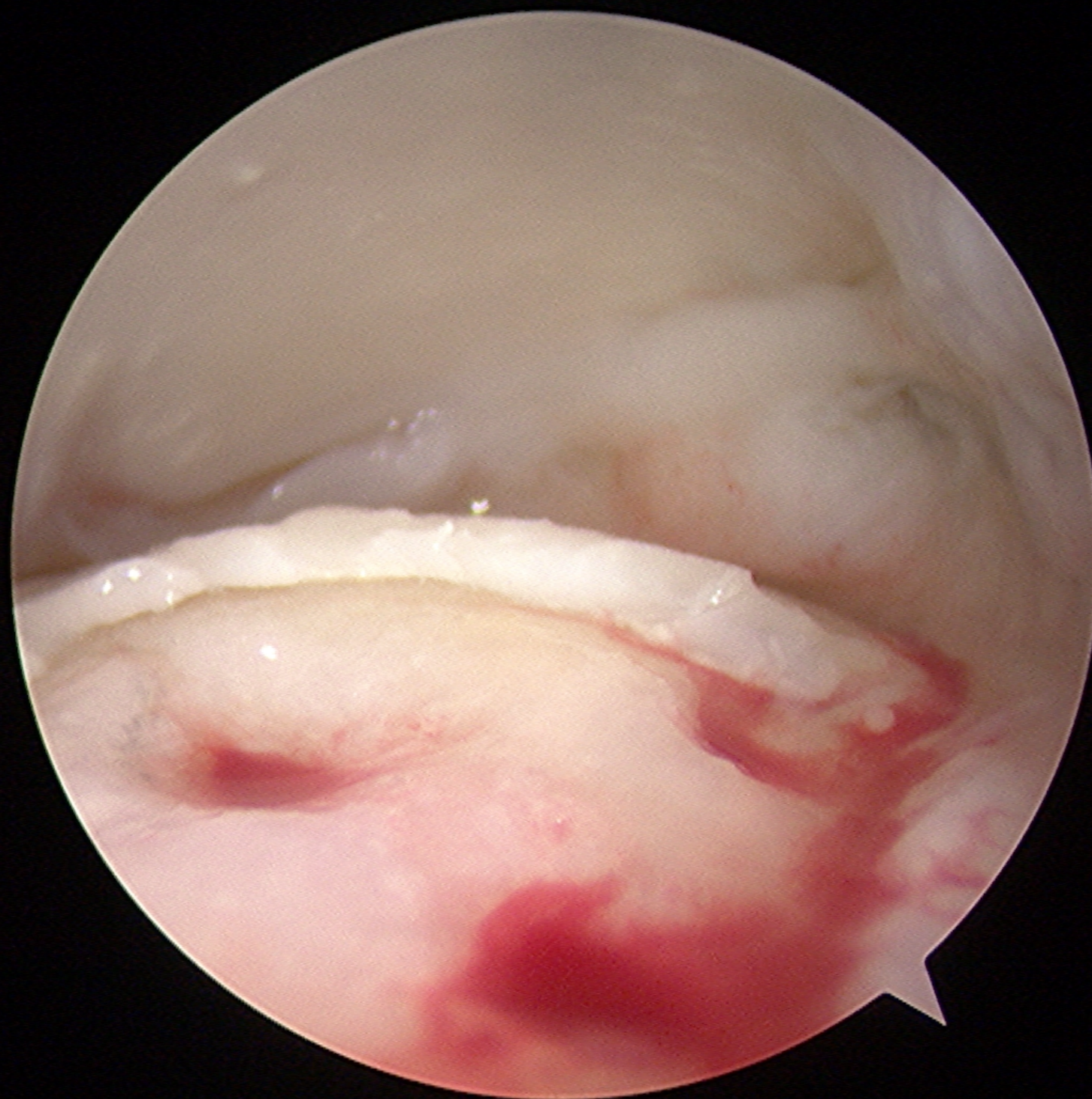
007\*

REC\*



006\*

REC\*





Within two years of follow-up, all patients had good clinical outcomes, complete pain relief, and the subchondral bone oedema disappearance.

# Conclusions

More detailed diagnoses, including MRI, should be considered in patients with complaints in the 1st MTP joint and normal X-ray.

We should consider earlier treatment of degenerative changes and cartilage repair in patients with chronic pain in this joint - analogically as we do in the knee or ankle

# References

1. M. S. Davies, T. S. Saxby. Arthroscopy of the first metatarsophalangeal joint. J Bone Joint Surg [Br] 1999;81-B:203-6.
2. Thomas I. Sherman et al. First metatarsophalangeal joint arthroscopy for osteochondral lesions. Arthroscopy Techniques, vol 5, no 3 (june), 2016: pp513-e518
3. Ahn JH, Choy WS, Lee KW. Arthroscopy of the first metatarsophalangeal joint in 59 consecutive cases. J Foot Ankle Surg 2012;51:161-167.
4. Van Dijk CN, Veenstra KM, Nuesch BC. Arthroscopic surgery of the metatarsophalangeal first joint. Arthroscopy. 1998 Nov-Dec;14(8):851-5.
5. Arthroscopy of the foot and ankle. C Niek van Dijek. [online]. Web: <http://book.ankleplatform.com/page.php?id=1171>
6. Foot and Ankle Surgery