



PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

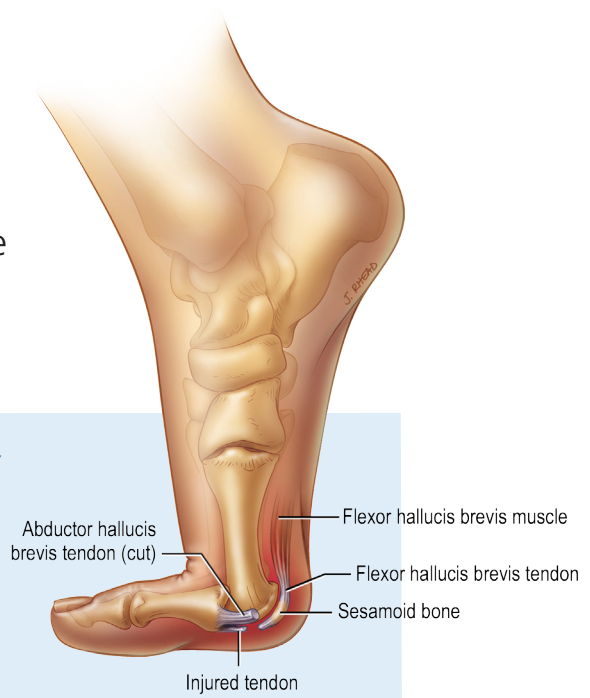


TURF TOE

Turf toe is known as a sprained “big toe.” This injury is typically seen in football players who play on artificial turf, but can occur in wrestling, soccer, basketball, or tennis. The most common cause of injury is hyperextension of the big toe, which can damage the ligaments on the bottom surface of the big toe.

FACTORS THAT CONTRIBUTE TO INJURY

- Hard playing surfaces
- Increased friction between turf and shoe
- A shoe that is too flexible in the forefoot



SIGNS AND SYMPTOMS

- Grade I – Localized tenderness under bottom of toe. The athlete can still play with only slight discomfort
- Grade II – More pain and swelling. Toe has decreased toe range of motion and is painful when bearing weight or walking
- Grade III – Severe pain, with plantar (undersurface) and dorsal (top) tenderness. Marked swelling and bruising. Cannot weight bear due to pain. A fracture must be ruled out



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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TREATMENT

- RICE (see RICE handout)
- Tape or wrap toe
- Wear rigid soled shoes
- Get an x-ray to rule out fracture
- Contrast baths after 48 - 72 hours
- Gentle range of motion exercises to include towel curls, piano scales, flare toes