



Carlo A. Messina, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Specializing in Sports Medicine, Lower Extremity Trauma
- Specializing in Deformities in Children and Adults
- Specializing in Complex Ankle Ligament Injuries



Michael M. Cohen, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Board Certified: American Board of Podiatric Medicine
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Complex Limb Salvage, Foot, Ankle and Leg Fracture Surgery
- Specializing in Total Ankle Replacements and Running Injuries



John D. Goodner, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Sports Medicine, Foot and Ankle Arthroscopy
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Adult and Pediatric Reconstructive Foot, Ankle and Leg Surgery
- Specializing in Adult and Pediatric Lower Extremity Trauma



Warren Windram, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Foot and Ankle Arthroscopy
- Specializing in Total Ankle Replacement
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults

INSURANCE

MOST INSURANCES, PPO's AND MEDICARE ACCEPTED
Preferred Providers Below

ADULT

Aetna (HMO, PPO, POS, EPO)
Avmed (HMO, PPO)
Better Health
Blue Cross/Blue Shield (HMO, PPO)
Cigna (HMO, PPO, POS)
GHI
Humana (PPO, POS, EPO)
Magellan
Medicare
Memorial (HMO, PPO)
Miccosukee
Multiplan
Network Blue (HMO, PPO)
Preferred Choice
Private Health Care System
Seminole Tribe
Tricare
United Health Care (HMO, PPO, POS)

PEDIATRIC

Better Health
Molina
Staywell
Sunshine State
Wellcare

WORKERS' COMPENSATION

AIG
Corvel
ESIS
FCCI
Gallagher Bassett
Hartford Ins - Specialty Risk
Liberty Mutual
Marriot
Publix Works Comp
Sedgwick
Travelers
US Department of Labor
Zenith Ins. Co.
Zurich American

Call us to see if we participate with your plan

Accepting Medicare
Accepting most HMO's and PPO's
Accepting Motor vehicle insurance
Accepting Workers Compensation
Second opinions and IME's
Outpatient and Inpatient surgery

Same day appointments
Emergency visits
Early morning appointments
Evening appointments
Letters of Protection, (LOP's)
Se habla Espanol

LOCATIONS

WESTON

1600 Town Center Blvd. • 954-389-5900

PEMBROKE PINES

17842 NW 2nd St. • 954-430-9901

PLANTATION

220 S.W. 84th Avenue, Suite 102 • 954-720-1530

www.SouthFloridaSportsMedicine.org

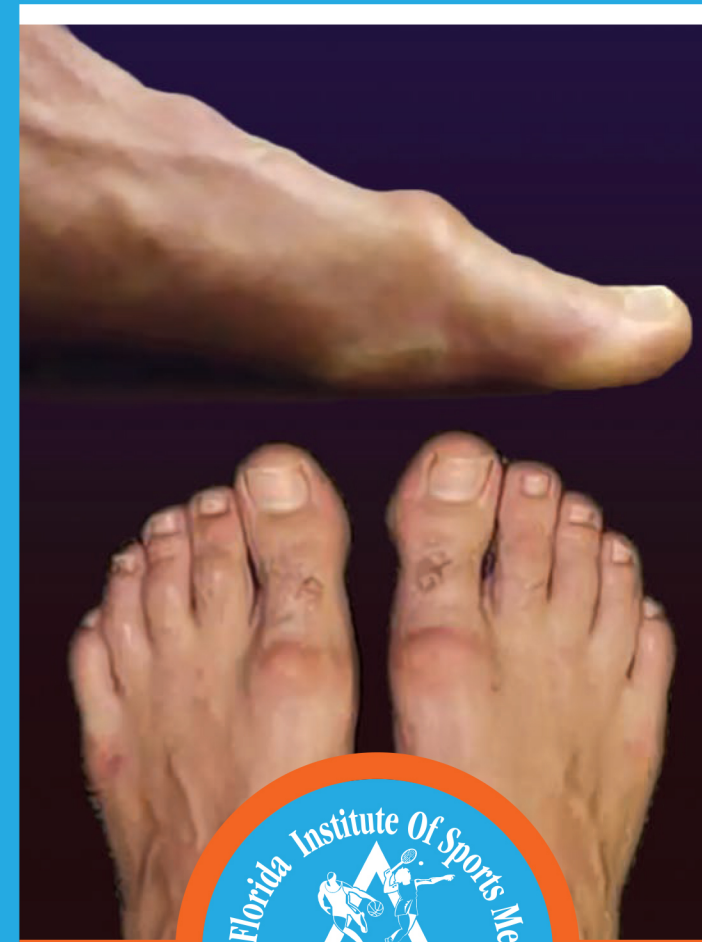


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HALLUX LIMITUS



Messina • Goodner • Cohen • Windram
Desimone • Moya • Bertot • Shenassa • Jones • Gonzalez

Foot, Ankle & Leg Specialists of South Florida

HALLUX LIMITUS

By: Robert H. Sheinberg, D.P.M., D.A.B.P.S., F.A.C.F.A.S.

What Is Hallux Limitus?

Progressive Loss of Motion to the Big Toe Joint Due to Loss of Cartilage

CAUSES:

- Hereditary
- Trauma to the joint
- Repetitive stress to the joint
- Hyperextension injuries (turf toe).
- Abnormal bone structure (long or elevated first metatarsal).
- Mild bunion deformities with a crooked big toe.

SIGNS & SYMPTOMS:

- Progressive loss of motion to the big toe joint.
- Swelling on the top of the joint.
- Noticable bump on the top of the big toe joint.
- Tenderness to the top of the big toe joint to touch.
- Stiffness to the big toe joint with attempted movement.
- Painful with all running activities, lunges, and push-ups
- Difficulty wearing any shoe with a heel.

X-RAYS:

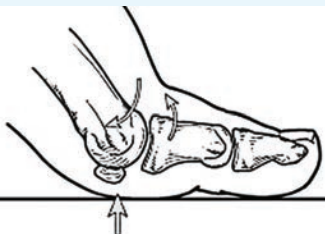
- Usually reveal bone spurs on the top of the joint.
- Over time bone spurs progress throughout the joint and there is a progressive loss of joint space.
- Defects of the joint surface (osteochochral defect)

TREATMENT:

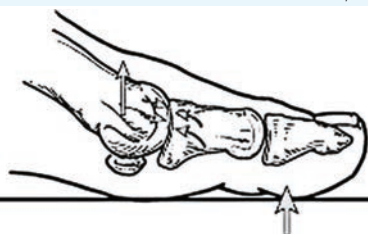
- A thorough history and physical examination of the foot and lower extremity.
- Evaluation to identify the primary cause.
- Oral **anti-inflammatories** to reduce swelling.
- Change in shoes (stiff sole, low heel).
- **Cortisone** injection to reduce pain, swelling and stiffness
- **PRP** (platelet rich plasma) injections
- **Viscosupplements** (Hyalgan, Euflexxa)
- **Orthotic** to unload the joint and transfer pressure to the central foot.
- Mild arthritis – Removal of abnormal cartilage and bone to allow improved joint motion. (Cheilectomy)
- Moderate arthritis – Removal of abnormal bone and cartilage and reconstructing the joint to allow more mobility. (Metatarsal osteotomy or bone cut)
- Advanced arthritis – May necessitate an implant to the big toe joint or a fusion of the joint to eliminate pain and allow activity. Most patients based on age and activity level may choose an implant or fusion to best suit their individual needs. An excellent prognosis is likely with a return to sports, activities and most shoe gear.
- In sedentary or elderly patients, we may partially resect the joint (Keller Bunionectomy).

PROGNOSIS:

Many procedures can be performed to get our patients out of pain and back to activity and shoes. The earlier the problem is treated, the better the results. Even when seen late, we can help fix the problem.



NORMAL FUNCTION

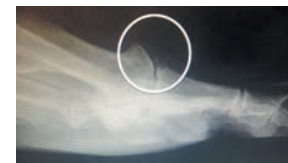


LIMITED MOTION



RIGID DEFORMITY

PREOP



STAGE 1 HALLUX LIMITUS

POSTOP



CHEILECTOMY



STAGE 2 HALLUX LIMITUS



DECOMPRESSION OSTEOTOMY



STAGE 3A HALLUX LIMITUS



HEMI IMPLANT



STAGE 3B HALLUX LIMITUS



TOTAL 1ST MPJ IMPLANT



STAGE 4 HALLUX LIMITUS



1ST MPJ FUSION