

### 2 Mysterious Bones Can Be Mischievous

Every medical book or source would indicate there are 26 bones in the foot. These books and sources would all be wrong. They don't account for 2 bones everyone has under the big toe joint. **These 2 bones are known as the Sesamoids.** There is the Tibial Sesamoid on the inside corresponding to the tibia bone in our leg, and the Fibular Sesamoid corresponding to the fibula bone in our leg.

It's rather amazing what these 2 bones can withstand given their small size and the incredible amount of weight we put on them with every step. How fortunate we are that more doesn't go wrong with them. When something happens to one of these bones it can be difficult to cure.

**If you have pain under your big toe joint it could be from one of the sesamoid bones.** An injury doesn't need to happen to cause a sesamoid malady. Certainly, coming down hard from a height can injure one of them. People with higher arches tend to put more pressure on the sesamoids. When pain occurs in this area it can be hard to push off of the ball of your foot.

Inflammation of one of the sesamoid bones, called **Sesamoiditis**, is the most common condition of these bones. Again, because of their location, pain from one of these bones makes it difficult to walk easily.

Another common condition of the sesamoids is a fracture. This is worse than Sesamoiditis. A special x-ray view helps us identify this condition. Getting weight off this area with a walking boot is the gold standard treatment. Sometimes crutches or a knee-scooter are needed to avoid any weight on the foot.

It is entirely possible to walk on a broken bone in your foot. Most people who have a sesamoid fracture have walked on it for some time. You wouldn't guess that a bone was broken if you could walk or run on the foot. Since the big toe joint

area is so crucial to our gait, experiencing any pain here for more than a couple of weeks should be investigated for a sesamoid problem.

Suffering with foot pain is a real bummer.  
Most people do so longer than necessary.

When you hear of someone mentioning a  
foot concern let them know we can help.

We are here to serve anyone  
you graciously refer to us.

Dr. Evans