

RADIOLOGY QUIZ

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PROBLEM



➤ A 74-year-old woman presents to your urgent care clinic with chronic pain in her left foot. The pain occurs during ambulation and has increased in severity in the last few months. She denies any history of acute trauma or injury to the foot. Your exam demonstrates a normal range of motion with no pain during non-weight-bearing movement of the foot. A radiograph of the foot is shown.

What is your diagnosis?

Turn page for answer ➤

ANSWER



The image reveals degenerative joint disease at the first metatarsophalangeal joint with hallux valgus deformity of the first digit of the foot. No acute fracture is noted. Hallux valgus involves lateral deviation of the great toe at the metatarsophalangeal joint. The condition occurs more commonly in women, with a 10:1 female-to-male ratio.¹ Footwear can contribute to worsening of pain from hallux valgus; therefore, narrow shoes and high heels should be avoided. Surgery is recommended only for patients with

severe pain that is refractory to conservative measures, such as wearing wider shoes with lower heels and use of oral pain medications.

This patient was referred to an orthopedic surgeon for elective surgical correction of her condition.

REFERENCE

1. Frey C (section editor). Hallux valgus. In: Griffin LY, ed. *Essentials of Musculoskeletal Care*. 3rd ed. Rosemont, IL: American Academy of Orthopaedic Surgeons; 2005:648-650.

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