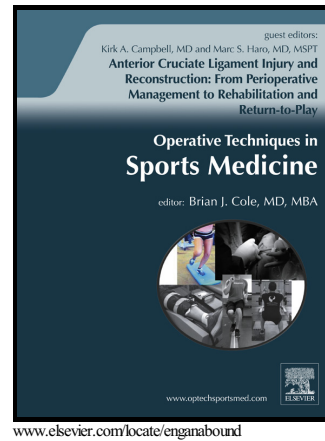


# Author's Accepted Manuscript

Turf Toe: 40 Years Later and Still a Problem

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PII: S1060-1872(17)30013-8  
DOI: <http://dx.doi.org/10.1053/j.otsm.2017.03.001>  
Reference: YOTSM50576

To appear in: *Operative Techniques in Sports Medicine*

Cite this article as: Daniel Cole Marchetti, Angela Chang, Marcio Ferrari and Thomas O. Clanton, Turf Toe: 40 Years Later and Still a Problem, *Operative Techniques in Sports Medicine*, <http://dx.doi.org/10.1053/j.otsm.2017.03.001>

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TITLE: Turf Toe: 40 Years Later and Still a Problem

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CONFLICT OF INTEREST STATEMENT: None

KEY WORDS:

1. Turf toe
2. Sesamoid
3. First metatarsophalangeal joint
4. Great toe
5. Plantar plate

ABSTRACT

“Turf toe”, originally described in literature by Bowers and Martin in 1976, is an injury to the capsuloligamentous complex of the first metatarsophalangeal (MTP) joint. This injury is common in football players. Up to 45% of National Football League (NFL) players have suffered from turf toe during their professional career. Turf toe injuries have been attributed to playing on hard, artificial surfaces with soft, flexible cleats; 83% of the turf toe injuries occurred on artificial turf. For the majority of turf toe injuries, nonoperative treatment is the preferred approach, even in some cases with associated fracture of the sesamoids. Operative intervention should be considered after nonoperative management has failed or in cases of clear instability or sesamoid retraction. Good functional outcomes with high rates of return to play can be expected with appropriate management. Despite this, persistent symptoms of stiffness and great toe pain are not uncommon following an initial injury and/or surgery. Due to limited availability of high level evidence

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