



**American
College of
Foot and Ankle
Surgeons®**

ACFAS INTERMEDIATE LEARNING PATHWAY: Hallux Limitus/Rigidus - Etiology, Treatment and Complications

Learning Objectives of this Pathway:

- Understand workup and treatment of hallux limitus/rigidus
- Understand the different surgical options including joint sparing and joint destructive procedures
- Understand the techniques of 1st MPJ arthrodesis
- Understand the techniques of 1st MPJ implant arthroplasty

Day 1:

Podcasts:

- [Hallux Limitus](#)
- [Hallux Rigidus](#)

JFAS Journal Full Collection Articles:

<https://www.jfas.org/content/halluxlimitus>

Day 2:

Clinical Sessions (individual):

- [Stage 2 Hallux Rigidus: Cheilectomy vs. Decompressive Osteotomy](#)
- [Stage 2 Hallux Rigidus: Cheilectomy vs. Decompressive Osteotomy - Decompression Osteotomy for Stage 2 Hallux Rigidus](#)

JFAS Journal Articles:

- [Rate of Revision After Cheilectomy Versus Decompression Osteotomy in Early-Stage Hallux Rigidus](#)
- [Long-Term Follow-Up of the Cheilectomy for Degenerative Joint Disease of the First Metatarsophalangeal Joint](#)
- [Mechanical Comparison of the Youngswick, Sagittal V, and Modified Weil Osteotomies for Hallux Rigidus in a Sawbone Model](#)

The ACFAS learning pathways are a tool to be used by residency directors, fellowship directors and school faculty to aid with didactic learning during the COVID-19 crisis. They are not intended to replace a curriculum, but to supplement student and resident education during this time of need.

The learning pathways are divided into basic, intermediate, and advanced categories.

Pathways have been organized into specific topics that have a variety of educational materials from the ACFAS On Demand course content. They also include journal articles with links primarily from the Journal of Foot and Ankle Surgery (JFAS).

Clinical Sessions (individual):

- [Stage 3 Hallux Rigidus: 1st MPJ Arthrodesis vs. Implant Arthroplasty - Implant Arthroplasty vs Arthrodesis Forefoot Case Controversies](#)
- [Stage 3 Hallux Rigidus: 1st MPJ Arthrodesis vs. Implant Arthroplasty - 1st MPJ Arthrodesis](#)

JFAS Journal Article:

[Does Total Joint Replacement or Arthrodesis of the First Metatarsophalangeal Joint Yield Better Functional Results? A Systematic Review of the Literature](#)

Podcast:

[Deciphering 1st MPJ Implants](#)

Day 3:

Clinical Sessions (full course):

[1st MTPJ Arthrodesis: Common Practices, Overlooked Details](#)

Podcasts:

[Great Toe Fusion](#)

Additional Outside Journal References

[Fundamentals of joint injection.](#)

Rastogi, A. K., Davis, K. W., Ross, A., & Rosas, H. G. (2016).
American Journal of Roentgenology, 207(3), 484–494.

[Intra-articular corticosteroid injections: A critical literature review with up-to-date findings.](#)

Pekarek, B., Osher, L., Buck, S., & Bowen, M. (2011).
Foot.

[New Technology in the Treatment of Hallux Rigidus with a Synthetic Cartilage Implant Hemiarthroplasty.](#)

Baumhauer, J. F., Daniels, T., & Glazebrook, M. (2019).
Orthopedic Clinics of North America.

[Hallux Rigidus. Grading and Long-Term Results of Operative Treatment.](#)

Coughlin, M. J., & Shurnas, P. S. (2003).
Journal of Bone and Joint Surgery - Series A.

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