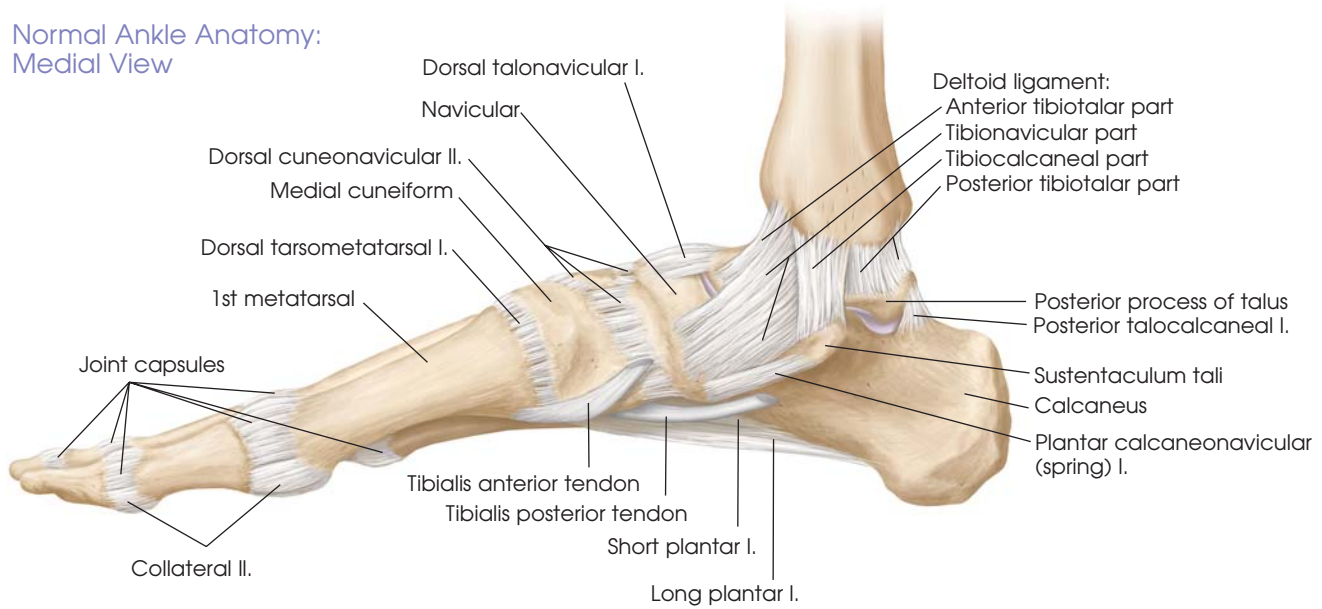
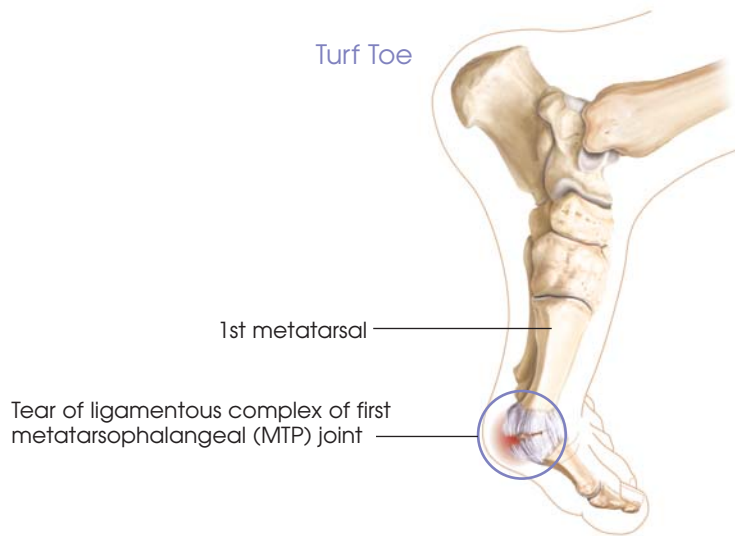


# Turf Toe

## Normal Ankle Anatomy: Medial View



## Turf Toe



Key:  
I. – ligament  
II. – ligaments

**Turf Toe** occurs when the joint capsule at the base of the big toe is torn, causing pain, swelling and stiffness. The condition results when the toe is jammed or used repeatedly for pushing off a surface for running or jumping. It is called turf toe because this injury is common among athletes who play on artificial turf.

### Common Treatment Options

- Rest the toe.
- Ice the toe and inflamed area for 20-30 minutes 3-4 times per day for 2-3 days or until the pain goes away.
- Your doctor may prescribe or recommend pain medication such as acetaminophen or an anti-inflammatory such as ibuprofen or naproxen.
- Elevate the foot on a pillow or cushion.
- Wear a full-length orthotic insert in your shoe or hard-soled shoes.
- Tape the big toe to the toe next to it – also known as “buddy taping.”

