

# Capsulitis & Crossover Toe: Like Walking on a Pebble



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# Capsulitis: Common & Painful

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- Common and painful
- Usually in the second toe's joint
- Treating capsulitis early can
  - Keep it from getting worse
  - Prevent crossover toe



# What is Capsulitis?

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- Inflammation of ligaments surrounding the toe
- These ligaments form a “capsule”
- The “capsule” helps the joint move properly
- Inflammation of the ligaments brings pain



# A Progressive Condition

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- If untreated, capsulitis gets worse
  - Can weaken the ligaments
  - Can cause dislocation of the toe
- Early treatment is important



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# The Final Stage: Crossover Toe

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- Ligaments have been greatly weakened
  - Can no longer stabilize the toe
- Unstable toe drifts toward big toe
  - Crosses over and lies on the big toe



# Why Does Capsulitis Develop?

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- The result of abnormal foot mechanics
- Places excessive pressure on the ball of the foot
- Too much pressure irritates and inflames the ligaments
- Over time, can damage the ligaments



# Possible Underlying Causes of Capsulitis

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- Certain conditions can lead to excessive pressure on ball of foot
  - Unstable arch (collapses when standing/walking)
  - Severe bunion
  - Tight calf muscle



# Symptoms of Capsulitis in Early Stages

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- Pain in ball of foot
  - Dull ache
  - Feels like a marble in shoe or bunched up sock
- Pain when either wearing shoes or walking barefoot
- May have swelling in area of pain





# Symptoms in the Later Stages

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- Pain continues
- Ligaments become weaker
- Toe becomes unstable
  - Drifts toward big toe
  - Eventually becomes crossover toe
- Usually occurs over a period of time



# When to See a Foot and Ankle Surgeon

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- If you have pain in the ball of the foot
- Early treatment can
  - Avoid further ligament damage
  - Prevent progression to crossover toe



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# Diagnosing This Once Unknown Condition

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- Examine foot
- Look for causes of the capsulitis
- Evaluate the stability of the joint



# Treatment of Capsulitis: Early Stages

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- Undertaken before toe starts to drift
- Nonsurgical approaches
- Goals:
  - Stabilize the joint
  - Reduce Symptoms
  - Address underlying cause



# Nonsurgical Approaches

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- Rest and ice
- NSAIDs (such as ibuprofen)
- Taping or splinting the toe
- Stretching exercises
- Shoe modifications
- Orthotic inserts



# Surgery for Crossover Toe

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- A drifting toe will not go back without surgery
- Various procedures available
- Sometimes other disorders corrected at the same time
- Surgical plan selected based on individual's case



# To Get Relief & Avoid Future Problems, Seek Early Treatment for Capsulitis

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(Place DPM's contact info here)



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