MARVELS & MALADIES MIGHTY HALLUX

SB1

13th November, 2023 Thong Nhat Dong Nai General Hospital, VN

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Disclaimer: For educational purposes only.

SB1	Dear colleague, my early morning motivation is to work with such an esteemed professional like you. I'd like to thank you for spend the time with me this morning. My goal give your "Bang for your Bucks"
	In the next 90 min then we would have about 30 min for share tips and specific exercises to help our clients/patients
	Stephen Bui, 7/20/2023



Kiptum Vs. Kipchoge's record





Sport Medicine ---> $Past \longrightarrow Present \longrightarrow Future$





Marvelous Big Toe

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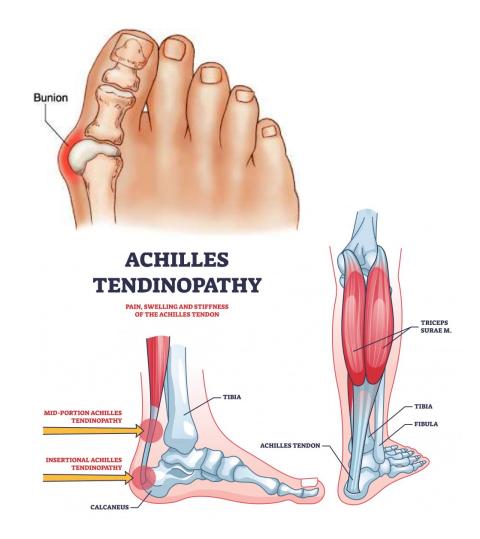
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courtesy of www.leonardoda-vinci.org

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Marvels: Facts on Hallux

- Balance
- Proprioception
- Propulsion
- Correlations:
 - Bunions
 - Plantar Fasciitis
 - Achilles Tendinitis

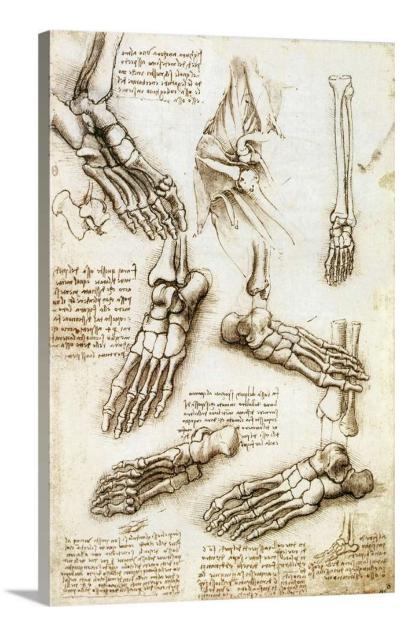




Anatomy & Biomechanics

• BONES

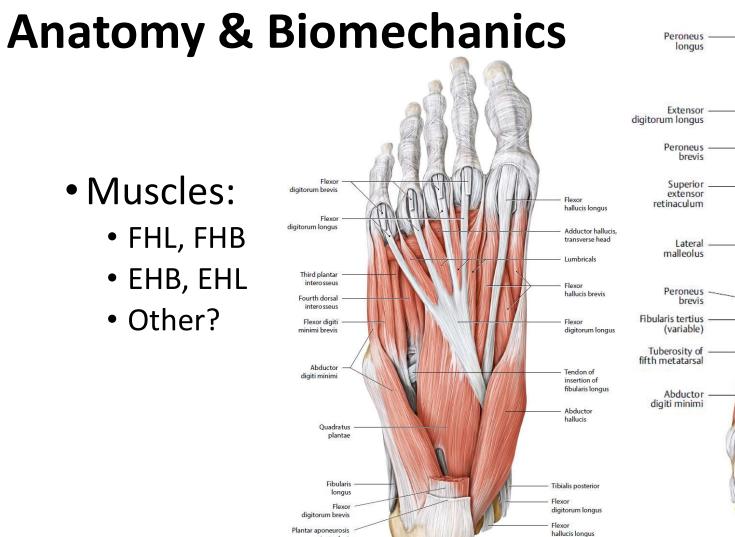
- Muscles
- Joints
- Nerves



Anatomy & Biomechanics

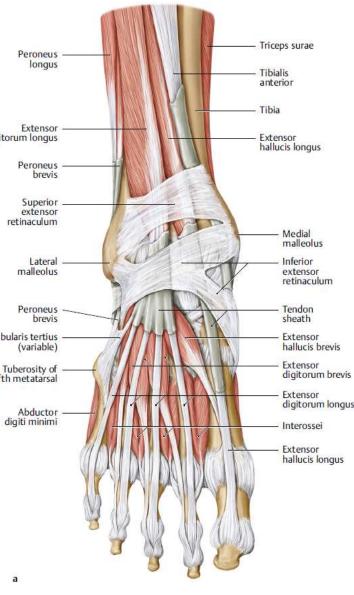
- Bones
- MUSCLES
- Joints
- Nerves

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(cut edge)

Calcaneal tuberosity



Anatomy & Biomechanics

- Bones
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Anatomy & Biomechanics

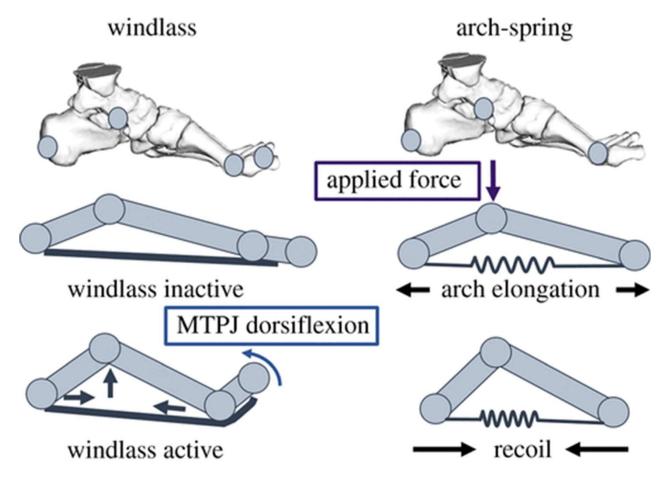
- Bones
- Muscles
- Joints
- NERVES



3T's of Mastery

- 1. <mark>(T)00LS</mark>
- 2. (T)ECHNIQUES
- 3. <mark>(T)IPS</mark>

Windlass Test



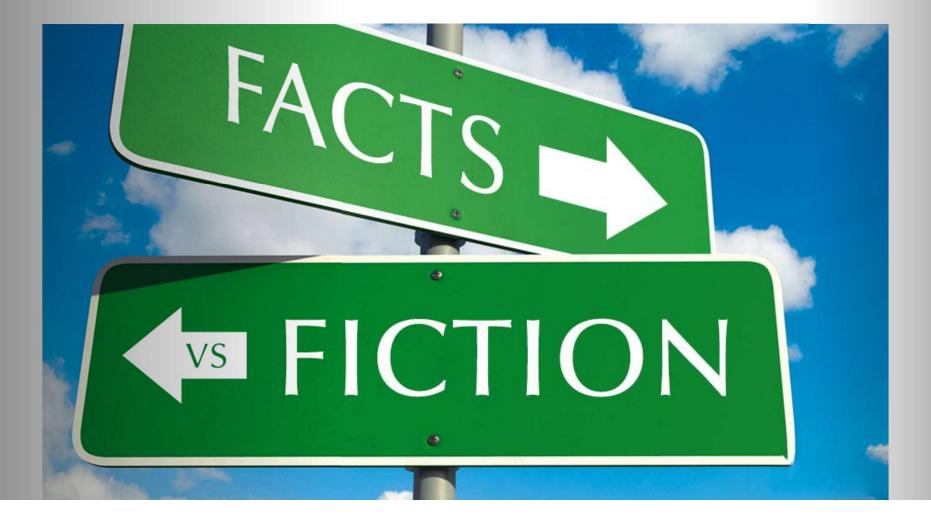


LA Adidas Runners

FOUND&TION

- **SBF = "Strong Balanced Feet"**
- •(S) Strength
- •(B) Balance -proprioception
- •(F) Flexibility

Maladies & Treatments



Common Misconceptions











Maladies:

Bunions (HAV)

- Diagnosis
- Treatment
 - Surgical
 - Non-Surgical
 - Rehab





Maladies: Hallux Limitus/Rigidus (DJD)

- Diagnosis
- Treatment
 - Surgical
 - Non-Surgical
 - Rehab



Maladies:

Sesamoiditis

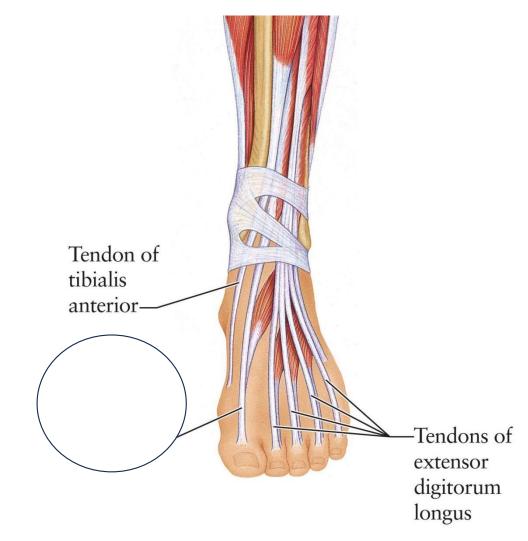
- Diagnosis
- Treatment
 - Surgical
 - Non-Surgical
 - Rehab



Maladies:

Extensor Tendinitis

- Diagnosis
- Treatment
 - Non-Surgical
 - Rehab



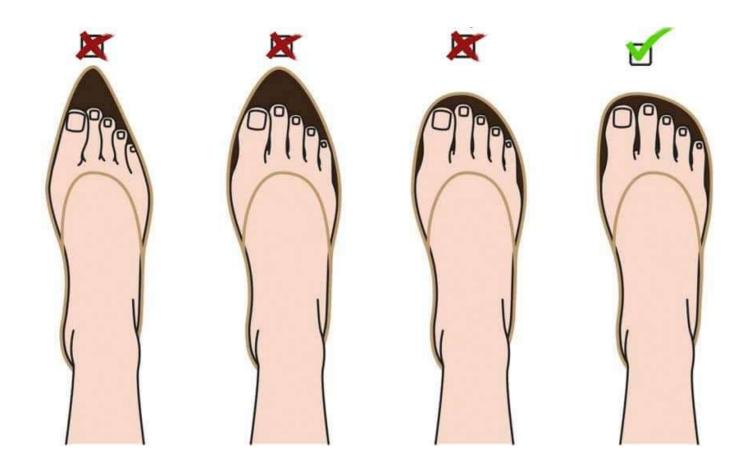
Footwear Influence:

- Shoes
 - Fit
 - Styles
 - Lift



Footwear Influence:

- Shoes
 - Typical
 - Natural



Foot Shapes & Types:



RESEARCH NEWS

Shoes with 'toe springs' give your feet a break, but beware of longterm pain



An upward curvature at the front of a shoe is known as a toe spring. Photo: Nicholas Holowka

By CORY NEALON

Published September 21, 2020

Functional Training 5 P's

Prior
Preparation
Prevents
Poor
Performance

Functional Training

Alignment
Range of Motion
Strength



Power of Play (poll)

Big Toe Exercises variations

Power of Play Ask PT & Trainers



Public Health

Strategy?



Prevention/Treatment:

- Early detection/ intervention
- Collaboration

Prevention Promote Preserve Restore a* Minimize * alamy lamy · Suffering & Distress alamu

Sharing 3T's of Mastery

- 1. <mark>(T)00LS</mark>
- 2. (T)ECHNIQUES
- 3. <mark>(T)IPS</mark>





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