

Management of first metatarsophalangeal joint osteoarthritis by physical therapists and podiatrists



140 Australian Participants



60 United Kingdom Participants

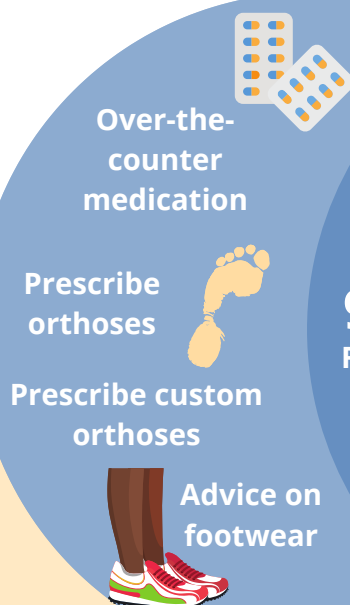


113 Podiatrists



87 Physical Therapists

Podiatrists



TREATMENT

In the entire cohort, the most common strategy was:

- 1) Taping or padding
- 2) Exercise therapy
- 3) Hallux mobilisation/manipulation

Physical Therapists



92% X-Rays

90% Range of motion

79% Pain Scale

MAIN RESULTS

Podiatrists and physical therapists use an array of assessment and treatment strategies although, the clinical utility of some approaches is uncertain.

KEY MESSAGES

Treatment strategies are different amongst professions, specifically in regards to **medication**, **orthoses** and **exercise**



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