

Golfers: Don't Be Handicapped With Foot Pain ! (Part 1)

Although golf is not considered a rigorous sport, the physical act of repeatedly swinging a golf club in practice and on the links can lead to a condition known as hallux limitus, a jamming and deterioration of the big toe joint. The movement and weight transfer that occur during the swing's follow through can cause this problem and other chronic foot ailments.

When golfers follow through on their swing, they can overextend the big toe joint on their back foot. Those who have played the game avidly for several years eventually can wear out the cartilage or jam the big toe joint. The likely outcome, if left untreated, is painful arthritis in the big toe, which would make it very difficult to continue playing golf.

Golfers who have pain and swelling around the big toe joint or have less mobility in this area than other parts of the foot should visit a podiatric foot and ankle specialist for an examination and appropriate treatment.

If golfers experience pain in the big toe area when playing, they should consider it a warning sign that intervention is necessary before the joint becomes arthritic. In most situations, orthotics (custom made shoe inserts) can be prescribed to provide relief, but others with advanced cases may require surgery. Getting treated early with the appropriate arch supports along with some good anti-inflammatory modalities is vital in order to prevent severe problems down the road.