

# Turf Toe

## Baylor SportsCare

### We'll give you a healthy advantage.

Baylor SportsCare provides the winning combination of education, prevention, medical coverage and sports medicine for athletes of all ages.

- Access Baylor Health Care System specialized sports medicine physicians\* and services throughout the Metroplex
- Medical coverage at games and events utilizing physicians, nurses and licensed athletic trainers
- Educational programs on injury prevention & performance enhancement
- Comprehensive medical support for groups, teams and individuals

For more information about SportsCare, or for help in finding a physician who is right for you, contact your local SportsCare representative at

(972) 512-7404

or call **1-800-4BAYLOR** and ask for "Baylor SportsCare"

\*Physicians are members of the medical staff at one of Baylor health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center or Baylor Health Care System. CE 12.07

### Definition

Turf toe is the strain or tearing of the ligaments located underneath the toe.

### Causes

Turf toe is caused by a severe hyperextension of the big toe. This injury commonly occurs on artificial surfaces, hence the name turf toe. Turf toe is prevalent in football, soccer, and even basketball.

### Symptoms

- Pain
- Swelling
- Tenderness at the joint of big toe.

Pain will increase as the big toe is pulled or stretched upward.

### First Aid

Turf toe should be treated with:

- Ice
- Compression bandages & a protective brace
- Pain relievers such as non-steroidal anti-inflammatory drugs (like ibuprofen)
- Rest and take weight off the toe.

Do NOT play again until you have been evaluated and treated. Some people may need crutches to walk, to take weight off of the big toe, until the swelling and pain have improved. Others, with less severe pain, may chose to brace or wrap the big toe for additional support.

### Seek a Medical Professional to:

- X-ray toe to check for fractures.
- Tape/brace toe to prevent unwanted movement
- Advise treatment and rehabilitation



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