

CHIEF COMPLAINT
Fracture of left great toe

COMMENTS TO SPECIALIST

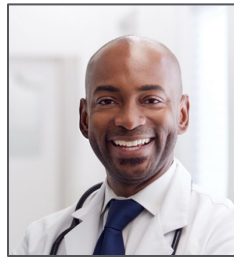
The patient is an 18-year-old male presenting with a great toe injury. He complains of pain, swelling and bruising.

The X-ray shows acute intra-articular fracture of the distal phalangeal base. The patient displays:

- Antalgic gait
- Decreased range of motion in the interphalangeal joint (IP)

MAIN QUESTION

Please provide treatment recommendations.



Response from eConsult Specialist

KEITH HARRIS, MD, PODIATRY

NPI: 1002013047

SUMMARY

Treatment options are available at the primary care level.

DETAILS

An 18-year-old male patient with distal phalanx fracture (left great toe).

X-ray shows a fracture with the small intra-articular component, but fragments are in anatomic alignment.

The injury can be treated without surgery or fracture reduction. For fracture reduction, I recommend the following:

- CAM walking boot will protect the big toe and keep the joint in place when upright.
- The boot can be left off when resting or in bed.
- Please perform a follow-up X-ray in 3 weeks to confirm the bone stayed together.
- If the X-ray results confirm the bone is healing, continue to protect the joint with the walking boot for three more weeks.
- Obtain a final X-ray at six weeks

Keith Harris

08/11/2022 12:22 PST

Keith Harris, MD, Podiatrist

Response Date Stamp

For reference only. This eConsult is based on an actual request for specialist consultation. The primary care provider, specialist, and patient are de-identified to protect private health information (PHI).