SPECIALTY Podiatry

Arista MD





Response from eConsult Specialist KEITH HARRIS, MD, PODIATRY

NPI: 1002013047

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.



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