



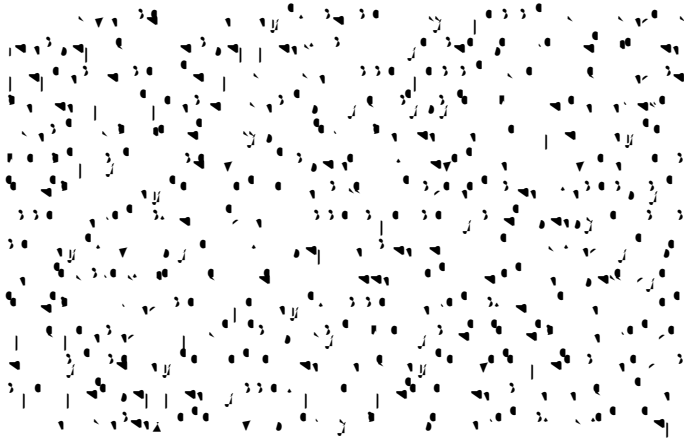
Turf Toe Surgical Methods and Post Management

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Abstract

Turf toe is a relatively rare but serious injury of the 1st metatarsophalangeal joint (M0-o7b0) of playing time in elite athletes. Turf toe; metatarsophalangeal joint; turf toe; metatarsophalangeal joint



Grade 1: Mild swelling and tenderness of the joint, with pain on weight bearing. There is no visible deformity or instability.

Grade 2: Moderate swelling and tenderness, with moderate pain on weight bearing. There is some visible deformity and mild instability.

Grade 3: Severe swelling and tenderness, with severe pain on weight bearing. There is significant deformity and marked instability.

Grade 4: Complete rupture of the ligament, with severe pain and deformity. There is marked instability and a palpable defect in the ligament.

Grade 5: Complete rupture of the ligament, with severe pain and deformity. There is marked instability and a palpable defect in the ligament.

Grade 6: Complete rupture of the ligament, with severe pain and deformity. There is marked instability and a palpable defect in the ligament.

Grade 7: Complete rupture of the ligament, with severe pain and deformity. There is marked instability and a palpable defect in the ligament.

Grade 8: Complete rupture of the ligament, with severe pain and deformity. There is marked instability and a palpable defect in the ligament.

Grade 9: Complete rupture of the ligament, with severe pain and deformity. There is marked instability and a palpable defect in the ligament.

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